



VIKING CLUB'S EXERCISE SCHEDULE
GET IN SHAPE
 SEASIDE STUDIO

DAY	Morning CLASS						Evening	
SUNDAY	Body Flexibility					Aikido		
	8:30 60 min Ira **					20:00 120 min Mohd ****		
MONDAY	Body Sculpting					Aikido		
	8:30 60 min Beba **					20:30 90 min Mohd ****		
TUESDAY	Body Flex & Strength	ZUU Bootcamp		Vinyasa Yoga		Aikido		
	8:30 60 min Ira **	10:00 60 min Florin **		18:30 60 min Phoebe **		20:00 120 min Mohd ****		
WEDNESDAY	Body Sculpting			Karate Shotokan		Aikido		
	8:30 60 min Beba **			18:45 90 min Greg *****		20:30 90 min Mohd ****		
THURSDAY	Pilates	Hatha Yoga		Aikido				
	8:30 60 min Irina **	17:00 60 min Dejan **		18:00 120 min Mohd ****				
FRIDAY	Abdominal Workout	Yoga Flow						
	10:00 60 min Beba **	11:00 60 min Larisa **						
SATURDAY	Hatha Yoga	Active Pilates	Gymnastics Kids (5-7)	Gymnastics Kids (8-12)	Pilates	Aikido		
	8:00 60 min Dejan **	10:00 60 min Maria **	11:30 60 min Ira ***	12:30 60 min Ira ***	17:00 60 min Irina **	18:00 120 min Mohd ****		

High Impact **Low Impact** **Body & Mind** **Martial Arts** **Kids & Family Friendly**

Price	* (per class)	** (per class)	*** (per month)	**** (per month)	***** (per month)
Members	Free	Free	45 KD	40 KD 4 classes	50 KD 4 classes
NonMembers	Members Only	8 KD	50 KD		

For any enquiry please call T: 2567 3888.