



VIKING CLUB'S EXERCISE SCHEDULE

GET IN SHAPE
AEROBICS STUDIO

DAY	Morning				CLASS				Evening	
SUNDAY	Zumba		Functional Training		Zumba		Body Challenge		Insanity Boot-Camp	
	10:00 Jam	60 min *	16:00 Florin	60min *	17:30 Irina	60 min *	18:30 Viktor	60 *	19:30 Ashraf	90 min **
MONDAY	Zumba				Cross Fit		Karate Shotokan			
	10:00 Jam	60 min *			17:00 Igor	60 min *	18:45 Greg	90 min ****		
TUESDAY					Active Pilates		Body Challenge		Insanity Boot-Camp	
					17:15 Maria	60 min **	18:30 Viktor	60 min *	19:30 Ashraf	90 min **
WEDNESDAY	Zumba				Yogalates					
	10:00 Jam	60 min *			17:15 Irina	60 min *				
THURSDAY	Zumba		Functional Training		Cross Fit					
	10:00 Jam	60 min *	16:00 Florin	60min *	17:15 Igor	60 min *				
FRIDAY										
SATURDAY	Iaido		Zumba		Cross Fit		Karate Shotokan			
	8:30 Vili	90 min ***	10:00 Jam	60 min *	11:15 Igor	60 min *	16:15 Greg	90 min ****		

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

Price	* (per class)	** (per class)	*** (per month)	**** (per month)
Members	Free	3 KD	40 KD	50 KD
Non Members	8 KD	5 KD	4 classes	4 classes

For any enquiry please call T: 2567 3888.

Schedule for the month of September & October 2018.