



VIKING CLUB'S EXERCISE SCHEDULE
GET IN SHAPE
 AEROBICS STUDIO

DAY	Morning CLASS Evening											
SUNDAY	Cardio Interval		Zumba		Functional Training		Zumba		Body Challenge		Insanity Boot-Camp	
	8:30 Stella	60 min *	10:00 Stella	60 min *	16:00 Florin NEW	60min *	17:30 Irina	60 min *	18:30 Viktor	60 *	19:30 Ashraf	90 min **
MONDAY			Zumba				Cross Training		Karate Shotokan		Kendo Adults	
			10:00 Jam	60 min *			17:00 Igor	60 min *	19:00 Greg	90 min ****	20:30 Vili	120 min ***
TUESDAY	Cardio Pump		Zumba				Free Style Dance		Body Challenge		Insanity Boot-Camp	
	8:30 Stella	60 min *	10:00 Stella	60 min *			17:30 Chris	60 min *	18:30 Viktor	60 min *	19:30 Ashraf	90 min **
WEDNESDAY			Zumba				Yogalates		Kendo Adults			
			10:00 Jam	60 min *			17:00 Irina	60 min *	18:30 Vili	120 min ***		
THURSDAY			Zumba		Functional Training		Cross Training		Insanity Boot-Camp			
			10:00 Stella	60 min *	16:00 Florin NEW	60min *	17:30 Igor	60 min *	18:30 Ashraf	90 min **		
FRIDAY			Abdominal Workout		Tae Bo		Iaido		Kendo Adults			
			10:00 Beba NEW	60 min *	11:30 Maria	60 min *	15:00 Vili	60 min ***	16:00 Vili	120 min ***		
SATURDAY	Iaido		Zumba		Cross Training		Karate Shotokan					
	8:30 Vili	90 min ***	10:00 Jam	60 min *	11:15 Igor	60 min *	16:30 Greg	90 min ****				

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

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

For any enquiry please call T: 2567 3888.

Schedule for the month of September & October.