



VIKING CLUB'S EXERCISE SCHEDULE
GET IN SHAPE
 AEROBICS STUDIO

DAY	Morning CLASS						Evening				
SUNDAY	Cardio Interval			Functional Training		Zumba		Body Challenge		Insanity Boot-Camp	
	9:00	60 min		16:00	60min	17:30	60 min	18:30	60 min	19:30	90 min
	Stella	*		Florin	*	Irina	*	Viktor	*	Ashraf	**
								Resumes July 3, 2018			
MONDAY			Zumba			Cross Training		Karate Shotokan		Kendo Adults	
			10:00	60 min		17:00	60 min	18:45	90 min	20:30	120 min
			Jam	*		Igor	*	Greg	****	Vili	***
TUESDAY	Cardio Pump					Active Pilates		Body Challenge		Insanity Boot-Camp	
	9:00	60 min				17:15	60 min	18:30	60 min	19:30	90 min
	Stella	*				Maria	*	Viktor	*	Ashraf	**
								Resumes July 3, 2018			
WEDNESDAY			Zumba			Yogalates		Kendo Adults			
			10:00	60 min		17:15	60 min	18:30	120 min		
			Jam	*		Irina	*	Vili	***		
THURSDAY			Zumba		Functional Training		Cross Training		Insanity Boot-Camp		
			10:00	60 min	16:00	60 min	17:30	60 min	18:45	90 min	
			Stella	*	Florin	*	Igor	*	Ashraf	**	
FRIDAY					Youth Athletic		Iaido		Kendo Adults		
					13:00	60 min	15:00	60 min	16:00	120 min	
					Florin	*	Vili	***	Vili	***	
					10 - 12 year old						
SATURDAY	Iaido		Zumba		Cross Training		Karate Shotokan				
	8:30	90 min	10:00	60 min	11:15	60 min	16:15	90 min			
	Vili	***	Jam	*	Igor	*	Greg	****			

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	8 KD	5 KD	4 classes	4 classes

For any enquiry please call T: 2567 3888.

Schedule for the months of June & July.