



VIKING CLUB'S EXERCISE SCHEDULE

**GET IN SHAPE**  
AEROBICS STUDIO

DAY	Morning		CLASS				Evening		
SUNDAY	<b>Zumba</b>		<b>Functional Training</b>		<b>Zumba</b>		<b>Body Challenge</b>		<b>Insanity Boot-Camp</b>
	10:00 Jam	60 min *	16:00 Florin	60min *	17:00 Irina	60 min *	18:00 Viktor	60 *	19:30 Ashraf
MONDAY	<b>Zumba</b>				<b>Cross Fit</b>		<b>Karate Shotokan</b>		<b>Kendo Adult</b>
	10:00 Jam	60 min *			17:00 Igor	60 min *	18:45 Greg	90 min ****	20:30 Abdullah
TUESDAY					<b>Active Pilates</b>		<b>Body Challenge</b>		<b>Insanity Boot-Camp</b>
					17:00 Maria	60 min **	18:00 Viktor	60 min *	19:30 Ashraf
WEDNESDAY	<b>Zumba</b>				<b>Yogalates</b>		<b>ZUU Bootcamp</b>		<b>Kendo Adult</b>
	10:00 Jam	60 min *			17:00 Irina	60 min *	18:00 Florin	60 min **	19:00 Abdullah
THURSDAY	<b>Zumba</b>				<b>Cross Fit</b>				
	10:00 Jam	60 min *			17:15 Igor	60 min *			
FRIDAY			<b>Functional Training</b>		<b>Kendo Adult</b>				
			16:00 Florin	60min *	17:00 Abdullah	120 min ***			
SATURDAY	<b>Iaido</b>		<b>Zumba</b>				<b>Cross Fit</b>		<b>Karate Shotokan</b>
	8:30 Abdullah	90 min ***	10:00 Jam	60 min *			11:15 Igor	60 min *	16:15 Greg

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

Price	* (per class)	** (per class)	*** (per month)	**** (per month)
Members	Free	3 KD	35 KD	50 KD
Non Members	8 KD	5 KD	40 KD	4 classes

For any enquiry please call T: 2567 3888.