



VIKING CLUB'S EXERCISE SCHEDULE

GET IN SHAPE

SEASIDE STUDIO

DAY	Morning	CLASS	Evening
SUNDAY			Aikido 20:00 120 min Mohd ***
MONDAY	Pilates 8:30 60 min Irina *		Tae Bo 19:00 60 min Maria * <i>Resumes August 20, 2018</i> Aikido 20:30 90 min Mohd ***
TUESDAY			Vinyasa Yoga 18:30 60 min Phoebe * Aikido 20:00 120 min Mohd ***
WEDNESDAY	Yogalates 8:30 60 min Irina *		Karate Shotokan 18:45 90 min Greg **** Aikido 20:30 90 min Mohd ***
THURSDAY		Hatha Yoga 17:00 60 min Dejan *	Aikido 18:00 120 min Mohd ***
FRIDAY	Abdominal Workout 10:00 60 min Beba *	Yoga Flow 11:00 60 min Larisa *	
SATURDAY	Hatha Yoga 8:00 60 min Dejan * <i>Resumes August 25, 2018</i>	Active Pilates 10:00 60 min Maria * <i>Resumes August 20, 2018</i>	Pilates 17:00 60 min Irina * Aikido 18:00 120 min Mohd ***

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