



VIKING CLUB'S EXERCISE SCHEDULE
GET IN SHAPE
 SEASIDE STUDIO

DAY	Morning	CLASS			Evening
SUNDAY					Aikido 20:00 120 min Mohd ***
MONDAY	Body Sculpting 8:30 60 min Beba *		Tae Bo 19:00 60 min Maria *		Aikido 20:30 90 min Mohd ***
TUESDAY			Vinyasa Yoga 18:30 60 min Phoebe *		Aikido 20:00 120 min Mohd ***
WEDNESDAY	Body Sculpting 8:30 60 min Beba *		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 *	Active Pilates 10:00 60 min Maria *	Pilates 17:00 60 min Irina *		Aikido 18:00 120 min Mohd ***

Martial Arts **High Impact** **Low Impact** **Body & Mind**

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

For any enquiry please call T: 2567 3888.

Schedule for the month of September & October 2018.