



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 **		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 19:00 90 min Greg ****	Aikido 20:30 90 min Mohd ***
THURSDAY		Hatha Yoga 17:00 60 min Dejan **	Aikido 18:00 120 min Mohd ***	
FRIDAY	Yoga Flow 11:00 60 min Judith **	Free Style Dance 13:00 60 min Chris **	Lets Move kids (7-14) 17:00 60min Chris **	
SATURDAY	Hatha Yoga 9:00 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
Kids & Family Friendly
Body & Mind

Price	* (per class)	** (per class)	*** (monthly)	**** (monthly)
Members	Free	Free	40 KD	50 KD
NonMembers	Members Only	5 KD	4 classes	4 classes

For any enquiry please call T: 2567 3888.

Schedule for the month of September & October.