



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 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 30 min Beba ** | Yoga Flow 11:00 60 min Judith ** | | | |
| 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 |
| Non-Members | Members Only | 8 KD | 4 classes | 4 classes |

For any enquiry please call T: 2567 3888.

Schedule for the month of January & February.