

THE TONIC GYM - CLUB ACTIVITIES PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00am - 12.00pm		Zumba Badr A.A. (R1) 8.00am - 9.00am		Zumba Badr A.A. (R1) 8.00am - 9.00am		
	Taebo - Bokwa Fitness Fahd Sh (R1) 9.00am - 10.00am	Swedish Training Pierre M. (R1) 9.00am - 10.00am	Step High & Low / Circuit Work Out Fahd Sh. (R1) 9.00am - 10.00am	Swedish Training Pierre M. (R1) 9.00am - 10.00am	Flex (Bands + Viper + CX works) Fahd Sh. (R1) 9.00am - 10.00am	Swimming School Bernard R. 9.00am - 10.00am
	Aqua Gym Tatiana H. 9.30am - 10:30am	Aqua Aerobics Bernard R. 9.30am - 10.30am	Aqua Gym Tatiana H. 9.30am - 10:30am	Aqua Aerobics Bernard R. 9.30am - 10.30am	Aqua Gym Tatiana H. 9.30am - 10:30am	Swimming School Bernard R. 10.00am - 11.00am
		Oriental Dance Jasmine B. (R1) 10.30am - 11.30am			Oriental Dance Jasmine B. (R1) 10.00am - 11.00am	Swedish Training Pierre M. (R1) 10.00am - 11.00am
						Swimming School Bernard R. 11.00am - 12.00am
4.30pm - 6.30pm		Zumba for Kids (3-6 years) Mirella R. (R1) 4.30pm - 5.30pm	Gymnastics (Advanced) Tatiana H. 4.30pm - 5.30pm		Gymnastics (Beginners) Tatiana H. 4.30pm - 5.30pm	
		Zumba for Kids (7-12 years) Mirella R. (R1) 5.30pm - 6.30pm	Swimming School Bernard R. 5.00pm - 6.00pm	Oriental Dance Jasmine B. (R1) 5.15pm - 6.15pm	Gymnastics (Advanced) Tatiana H. 5.30pm - 6.30pm	
		Swimming School Bernard R. 6.00pm - 7.00pm		Swimming School Bernard R. 6.00pm - 7.00pm		
6.00pm - 7.30pm	Taebo - Bokwa Fitness Fahd Sh (R1) 6.30pm - 7.30pm		Step High & Low / Circuit Work Out Fahd Sh. (R1) 6.30pm - 7.30pm	Resist A Ball Fahd Sh. (R1) 6.15pm - 7.15pm		
	Spinning Pierre M. (R3) 6.30pm - 7.30pm	Spinning Pierre M. (R3) 6.30pm - 7.30pm	Spinning Pierre M. (R3) 6.30pm - 7.30pm	Spinning Pierre M. (R3) 6.30pm - 7.30pm	Let's Bound Pierre M. (R1) 6.30pm - 7.30pm	
	Aqua Gym Tatiana H. 7.30pm - 8:30pm	TRX suspension training Jessica N. (R3) 7.30pm - 8.30pm	Aqua Gym Tatiana H. 7.30pm - 8:30pm	TRX suspension training Jessica N. (R3) 7.30pm - 8.30pm	Spinning Pierre M. (R3) 7.30pm - 8.30pm	
7.30pm - 8.30pm	Swedish Training Pierre M. (R1) 7.30pm - 8.30pm	Pilates Fahd Sh. (R1) 7.30pm - 8.30pm	Swedish Training Pierre M. (R1) 7.30pm - 8.30pm	Pilates Fahd Sh. (R1) 7.30pm - 8.30pm	Flex (Bands + Viper + CX works) Fahd Sh. (R1) 7.30pm - 8.30pm	

Private courses are available upon request.

Minimum number of members required to open a new class

For more information, please contact us on +961486 8830 or +961486 8831

**All prices are VAT inclusive*