



BAHRAIN RUGBY FOOTBALL CLUB

BOOTCAMP

with Greg, Deina & Stewart



Our Bootcamps are results-driven, high-energy sessions focused on weight loss and body toning. We cater to all fitness levels & every session is professionally designed & led by our certified trainers.

8 classes per week

SUN TO FRI IN OUR SPORTS HALL
MORNING & EVENING CLASSES

BD4.5
PER CLASS

BD45
MONTHLY

JOIN NOW: +973 3728 2728 OR GYM@BAHRAINRFC.COM



BOOTCAMP

with Greg, Deina & Stewart

CLASS SCHEDULE		
SUNDAY	8:30AM (30MINS) EXPRESS	
MONDAY	8:30AM (45MINS) BOOTCAMP	6:00PM (45MINS) BOOTCAMP
TUESDAY	8:30AM (45MINS) STRENGTH	
WEDNESDAY	8:30AM (30MINS) EXPRESS	6:00PM (45MINS) STRENGTH
THURSDAY	8:30AM (45MINS) BOOTCAMP	
FRIDAY	9:00AM (45MINS) BOOTCAMP	

BD4.5
PER CLASS

BD45
MONTHLY

**FRIDAY CLASSES ARE TBC ON A WEEKLY BASIS. PLEASE CONTACT TO CONFIRM.*



TAILORED FOR ALL LEVELS OF FITNESS

JOIN NOW: +973 3728 2728 | gym@bahrainrfc.com



BAHRAIN RUGBY FOOTBALL CLUB



YOUTH FITNESS



with Stewie Henris



Group fitness classes that have been crafted to help boys & girls to get active, stay healthy & build good habits for the future. Ages 9-17.

BOOKINGS ESSENTIAL x BOYS & GIRLS WELCOME

BOOK NOW: +27 61 690 4719 / GYM@BAHRAINRFC.COM



YOUTH FITNESS

with Stewie Henris



CLASS SCHEDULE	
SUNDAY	4.15PM - 5.00PM
MONDAY	4.15PM - 5.00PM
TUESDAY	4.15PM - 5.00PM
WEDNESDAY	4.15PM - 5.00PM
*FRIDAY	11.00AM - 12.00PM

BD4.5
PER CLASS

BD35
MONTHLY

**FRIDAY CLASSES ARE TBC ON A WEEKLY BASIS. PLEASE CONTACT TO CONFIRM.*

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