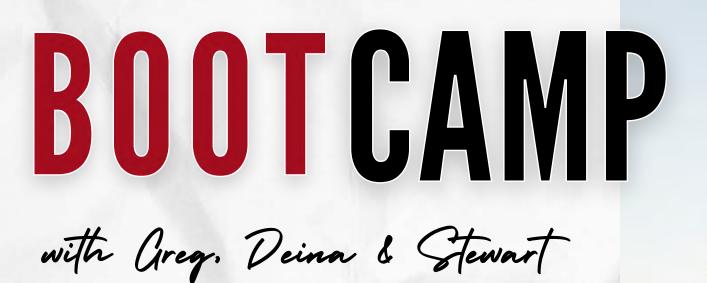
BAHRAIN RUGBY FOOTBALL CLUB



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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

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BOOTCAMP

with Greg. Deina & Stewart

CLASS SCHEDULE				
SUNDAY	8:30AM (30MINS) Express			
MONDAY	8:30AM (45MINS) Bootcamp	6:00PM (45MINS) Bootcamp	BD4.5 PER CLASS BD45 MONTHLY	
TUESDAY	8:30AM (45MINS) Strength			
WEDNESDAY	8:30AM (30MINS) Express	6:00PM (45MINS) Strength		
THURSDAY	8:30AM (45MINS) Bootcamp			
FRIDAY	9:00AM (45MINS) Bootcamp			

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



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VOUTHFITNESS

with Stewie Hennis



	CLASS SCHEDULE		
SUNDAY	4.15PM - 5.00PM		
MONDAY	4.15PM - 5.00PM	BD4.5 PER CLASS	
TUESDAY	4.15PM - 5.00PM		
WEDNESDAY	4.15PM - 5.00PM	BD35	
*FRIDAY	11.00AM - 12.00PM	MONTHLY	

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

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