

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	10.00AM - 10.45AM

BD4.5
PER CLASS

BD35
MONTHLY

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

JOIN NOW

+27 61 690 4719 | gym@bahrainrfc.com

BOOTCAMP

with Greg, Deina & Stewart

CLASS SCHEDULE

SUNDAY	8:30AM (45MINS) BOOTCAMP		
MONDAY	6:00AM (45MINS) BOOTCAMP	8:30AM (45MINS) STRENGTH	6:00PM (45MINS) BOOTCAMP
TUESDAY	8:30AM (45MINS) BOOTCAMP		
WEDNESDAY	8:30AM (45MINS) STRENGTH		6:00PM (45MINS) BOOTCAMP
THURSDAY	6:00AM (45MINS) BOOTCAMP	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.*

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