



رأس الحمراء
RAS AL HAMRA

النادي
THE CLUB

THE RAHRC BULLETIN APRIL 2017

THE NEWSLETTER FOR MEMBERS OF THE RAHRC

Contents

Main Committee Message.

Outpost Oman.

Judo Section.

Music Section.

Pakistan Section.

Arts Centre.

Top 10 Videos.

Kayak Section .

RAHRC library.

Dive Section.

Tennis Section.

Aerobic Schedule May 17

Main Committee Message



We closed out the month of March with a family Badminton Tournament that saw remarkable sportsmanship and fun. A highlight of April was a lively and upbeat Beach Party with brilliant attendance - before the scorching heat of summer is fully upon us!

May promises to be another activity filled month with the highlights being indoor Cricket Tournaments scheduled for 19-20th May. Before that we welcome you to participate in the Fahal Island Swim and indoor Badminton tournament on 5th May, and 5-6th May, respectively.

The value of moments shared with family, friends, and colleagues is not always fully felt or realized until they become treasured memories. For many, our childhood and most valued memories of creative exploration, artistic expression through music dance or art, sporting adventure, and much more are stored in this Club. We trust it will continue to be a thriving destination of choice for members and your families due to the tireless efforts and contributions of all the 46 Sections.

It's been a pleasure taking on the post of Honorary Treasurer earlier this year. It has allowed me to rekindle many of those memories. I am excited to see that, in spite of the changes witnessed in the national economic environment, Club membership continues to grow and there is an unwavering commitment to investing in enhancing our members' experience. With this backdrop, pilot initiatives are being launched this month relating to revenue generating opportunities as well as easing payment facilities within the Club. Those will be formally introduced once ready. Our external financial audit and budget exercise will also kick off with our annual reports shared for your review.

A fourteen days prior notice for all Section Annual General Meetings is mandatory as per the Club Statutes. Therefore, we request all section committees to forward their AGM notices to the club admin office in time so ensure that this is published on the website and affixed on the notice boards.

For more information and details about upcoming events, your memberships, as well as contact details of each Section, please visit our website at www.pdorc.com.

For general comments, suggestions, or you are invited to use this email address: rahrc@pdo.co.om.

As always, a reminder to stay safe and respect security at the Club and keep hydrated. I take this opportunity to wish members a blessed Ramadhan as the holy month approaches.

On behalf of the Main Committee
Saniya Al Kharusi
Honorary Treasurer



OUTPOST MUSCAT

MAY 2017



The Outpost Muscat Team

The team at Outpost Muscat is dedicated to assisting you with practical information and guidance on all non-contractual matters. We can assist you on arrival and on an ongoing basis during your assignment.

Upcoming Events

Outpost Networking Morning

Thursday 27 April, 9am—11am, 5 Sahma Street on PDO Camp

Networking events are designed to provide spouses with the opportunity to meet new friends, network with other spouses and to ask Outpost questions. Everyone is welcome, we hope to see you at Kim Restucci's house!

Transitioning Third Culture Kids into University

Tuesday 2 May, 6.00pm—8.30pm, Marlin Hall at the RAHRC

In this interactive talk, Gerda van Loon, an accredited life coach, will guide you through the change that you and your child will experience before and after your child flies out to pursue their education abroad. The talk will focus on emotional preparation and aims to answer questions like "What conversations should we have?". Register at outpostmuscat@pdo.co.om or call us on 24658640/93688739.

Understanding Ramadan

Thursday 11 May, 9.30am, Outpost Muscat office

Join us for a talk with Fahim Firfiray from PDO's business and leadership development team. Fahim will give a practical overview of basic do's and don'ts during the Holy Month of Ramadan. He is happy to answer questions that you may have on living in Oman during Ramadan. Register at outpostmuscat@pdo.co.om or call us on 24658640/93688739.

Warm greetings from the Outpost Team,
Amanda, Anca, Rekha, Heba, Nadine and Jessey



Outpost Muscat

Ras al Hamra Street, PDO Camp
Apartment 149, Flat G05
+968 246 58 640 / 9368 8739

Office hours: 08:15—11:15 (Sun, Tue, Thu)
Appointments outside of these times are available on request



OutpostMuscat

OutpostMuscat@pdo.co.om

muscat.globaloutpostservices.com



Our Publications

We have a range of publications to help you such as our Inside Guide, Career and Development Guide and key documents on subjects including:

- Housing
- Driving in Oman
- Hiring Domestic Help
- Departure Checklist
- Birth Registration in Oman
- Emergency
- Children’s Activities in Muscat

For copies please contact Outpost or pop into the office.

Welcome Services Team

If you are a new arrival and on an accompanied basis, a member of our Welcome Services Team will contact your spouse to offer assistance with settling in.

Communication & Newsletters

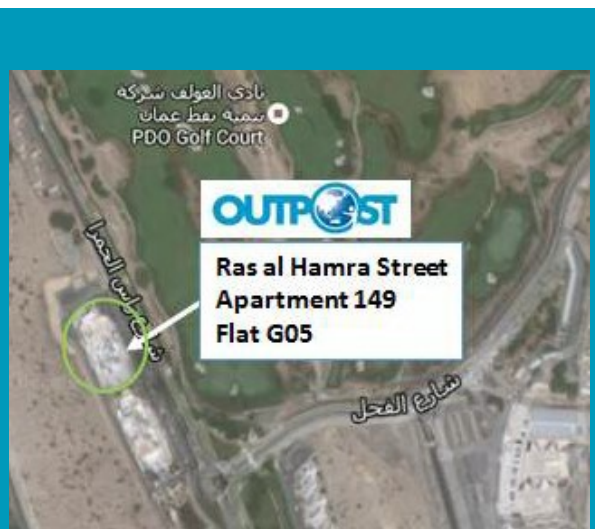
Please join our email distribution list so that we can notify you of our events and send you our newsletter. To join, please send an email to us on outpostmuscat@pdo.co.om Newsletters can also be accessed online.

Outpost Muscat website

Lots of information, including our Inside Guide and other Key Documents are available on our new website <http://muscat.globaloutpostservices.com> To access all information, registration is required. Registration is possible with a PDO email address and computer-ID.

Facebook

Outpost Muscat is now on Facebook. Join our closed group of over 730 people to be updated on our news, events and share information about life in Muscat!



Outpost Muscat

Ras al Hamra Street, PDO Camp
 Apartment 149, Flat G05
 +968 246 58 640 / 9368 8739

Office hours: 08:15—11:15 (Sun, Tue, Thu)
 Appointments outside of these times are available on request



OutpostMuscat

OutpostMuscat@pdo.co.om

muscat.globaloutpostservices.com

Judo Section

It is always so nice to be able to write up success stories. The judo club continues to attract new members and is able to maintain existing players in most cases. The recent Craft Fair proved invaluable for many of the activities available at RAHRC to showcase their existence, and the judo club was pleased with the interest shown. We offer our thanks to the Committee for arranging this.

Once again the time approaches for the club 'grading's'. This is where the players need to demonstrate their skills and complete the requirements necessary for them to move up to their next coloured belt. It never fails to astonish me how quickly our players learn and perfect many of the difficult and technically complex throws and hold-downs required by the International Judo Federation Grading syllabus. As you may expect, the higher the grade, then the quantity and the complexity of the techniques that need to be demonstrated increases; and in addition to this, contest rules and referees terminology are also included. As players progress, then the need to perform a competitive element is also required. Here two matched players perform in a contest environment where their skills, timing and strategies are harmonised and a winner is produced. Each contest lasts for 3 minutes and a variety of scores can be won by each player. Lower grades are assessed on their ability to apply techniques and strategies and winning isn't necessary at this stage. Higher grades need to show competence and to win a number of their contests to acquire the grade along with the theoretical content.

Judo is a very dynamic sport that requires effort and dedication as the techniques used are very exacting. Saying this, the rewards are amazing and above all, it's fun as well as being good exercise.

The club is open for everyone from 7 years old up to 18 years old at present, although consideration is being given to starting an adult's judo class if adequate support was forthcoming. If anyone is interested, please contact Kevin on 92340736 or by e mail : kevinlockyer467@gmail.com.

MUSIC SECTION

Combining practice with promotion, the Music Section held an enjoyable open rehearsal during the section fair. Having set a precedent for multi-tasking, we will interrupt rehearsal on Saturday 29 April at 5:45 to hold our first ever AGM. There is a vacancy for secretary, so if you might be interested please contact me at jmaskall@hotmail.com for information or for the application form required by the RAHRC rules, which must be submitted no later than Wednesday 26 April.

If you already play with us and have some particular music you'd like to try, send in suggestions to the above email and we will try to accommodate it.

If you are interested in joining in the music, we incorporate brass, string, woodwind and percussion instruments. Our scores provide for multi-level participation so dust off that instrument and give it a try!

PAKISTAN SECTION

The third edition of the Spring Festival 2017 was a great success again. Below are some main highlights of the only family festival of RAHRC:

- 1000+ people attended the festival
- People of almost all nationalities associated with the club attended the festival
- Fun train was in motion till last minute
- Free kites and kite flying at the beach
- 20+ games including 10 new games
- Beautiful and colorful stage performances and decoration reflecting the Pakistani culture
- Live BBQ and other food served free to hundreds of people

The festival has cemented its reputation as one of the Mega Event of the RAHRC which the member awaits to attend.

Made in Oman
Exhibition
April 10th, 9 am to 6 pm
at the Arts Centre







MAY 2017 TOP 10

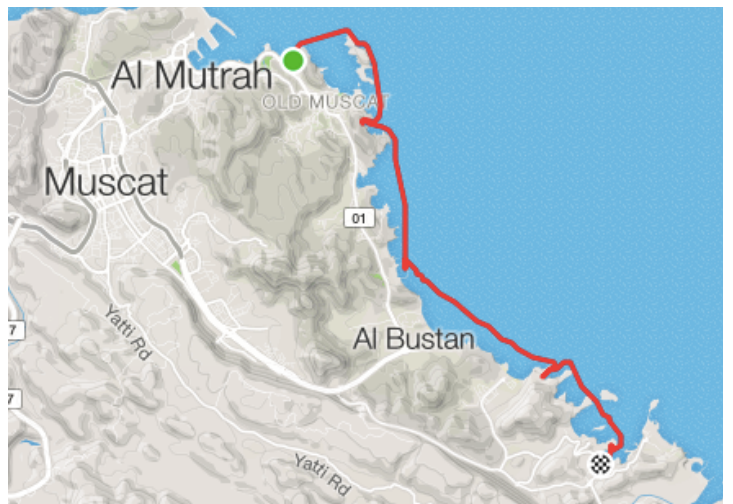
<u>NO.</u>	<u>TITLE</u>	<u>CATEGORY</u>	<u>CAST 1</u>	<u>CAST 2</u>
1	MOANA	CARTOON	V/O - AULI'L CRAVALHO	V/O - DWAYNE JOHNSON
2	FANTASTIC BEASTS AND WHERE TO FIND THEM	ACT./ADV.	EDDIE REDMAYNE	KATHERINE WATERSTON
3	LIGHT BETWEEN THE OCEANS, THE	ROM./DRA.	MICHAEL FASSBENDER	ALICIA VIKANDER
4	JACK REACHER - NEVER GO BACK	ACT./THR.	TOM CRUISE	COBIE SMULDERS
5	FREE STATE OF JONES	ACT./DRA.	MATHEW McCONAUGHEY	GUGU MBATHA-RAW
6	ARRIVAL	SCI-FI./THR.	AMY ADAMS	JEREMY RENNER
7	CAPTAIN FANTASTIC	COM./DRA.	VIGGO MORTENSEN	GEORGE McKAY
8	SECRET IN THEIR EYES	SUSP./THR.	JULIA ROBERTS	CHIWETEL EJIOFOR
9	HUNT FOR THE WILDERPEOPLE	COM./ADV.	SAM NEILL	JULIAN DENNISON
10	ALICE THROUGH THE LOOKING GLASS	ADVENTURE	JOHNNY DEPP	ANNE HATHAWAY
11	SURF'S UP 2 - WAVE MANIA	CARTOON	V/O - JOHN CENA	V/O - UNDERTAKER



Day Trip Kalbuh Park to Muscat Hills Beach Resort (Friday 24th March 2017)

A sixteen kilometre paddle from Muttrah (Kalbuh Park) to Muscat Hills Beach Resort was successfully completed by six paddlers in March. Departing Kalbuh Park in breezy but calm sea state conditions that gradually increased throughout the morning to slight sea state that provided a more exciting end to the trip, as the weather closed in from the north.

The route was around Al Jazirah Island, past Cemetery Bay, Marina Bandar Al Rawdah, Qantab and finally to Bandar Al Jissih.



The trip was completed by four sea kayaks and two surf skis in a little under four hours.

KAYAK SECTION

Club Kayaks

Six sit-on-top kayaks are available for general use. Two are double seaters and four are single seaters. They may be borrowed by club members who follow these rules.

B - Club Equipment

- (1) Club equipment (kayaks, paddles and/or buoyancy aids) are stored near the CSP (Club Safety Post) and must be signed-out in the CSP, leaving membership club card with the CSP personnel. **Parents must sign on behalf of their children.**
- (2) ***Club kayaks must NOT be taken outside RAHRC bay*** and must always be in sight of the CSP unless participating in organised events/activities.
- (3) A single kayak must only be paddled by a one kayaker and a double kayak must only be paddled by two kayakers.
- (4) Club equipment may only be borrowed when the CSP is open and must be returned before CSP is closed.
- (5) Guests may not borrow club kayaks unless accompanied on the water by a club member who shall be responsible for the safe return of the equipment.
- (6) Kayaks must be lifted or moved with trolley and not dragged on the ground/beach.
- (7) All equipment must be washed thoroughly with freshwater after use.
- (8) Equipment damage must be reported to the CSP personnel.
- (9) Kayaks should be returned to the club kayak rack near the CSP.

Kayak and SUP Equipment Storage

If you are a regular user and would like a locker contact Kayak Section (richardhallett@me.com) for an application form.

After Work Paddle - Thursday Evening

If you wish to increase your paddling confidence, regular Thursday late afternoon paddles depart from the club beach. Meet at the kayak storage area. The departure time varies throughout the year according to sunset time. Contact Kayak Section for weekly e-mail notice and further information.



Kayak Section Committee

Richard - Chair
richardhallett@me.com

Jan - Secretary
johannes.js.stammeijer@pdo.co.om

Peter - Treasurer
pjharrison@gmail.com



RAHRC LIBRARY BOOK CLUB

Please join us at 11.30 at the Boat Club usually every third Tuesday of the month to enjoy discussing new books. Our goal is to build a community of readers of good literature connected to the PDO library.

Next bookclub: *The Year of the Runaways* by Sunjeev Sahota on Tuesday 16 May at 11.30)

Please just come along, even if you have not read the book - everyone is welcome.

Bring lunch or order from the Boat Club. We look forward to seeing you then!



RAHRC LIBRARY

CHILDREN'S BOOK READING

SUNDAY 6:15 PM – 6:45PM

Each week our librarian reads aloud books to children. All ages are welcome.

Parents must stay with their children.

International Storytime

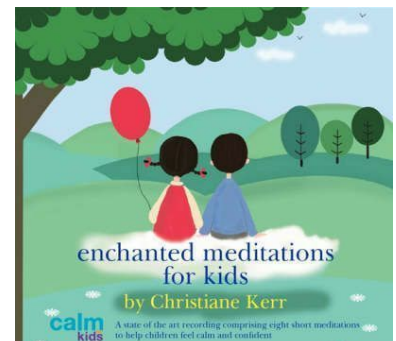
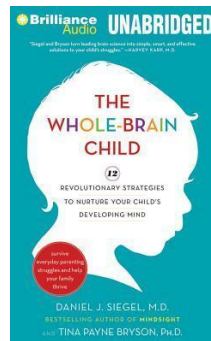
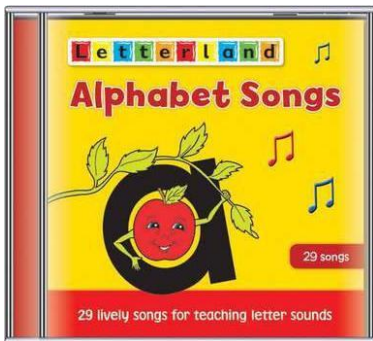
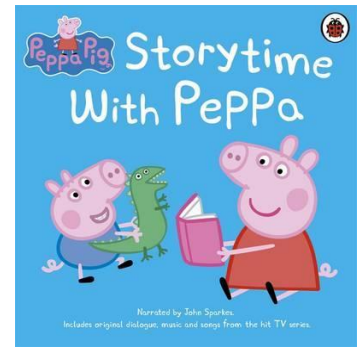
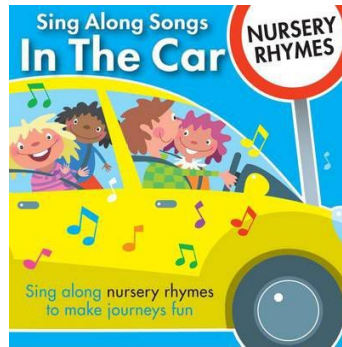
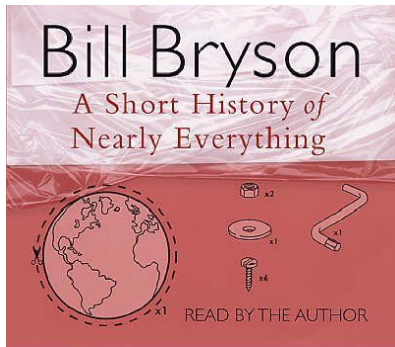


**RAHRC
Library**

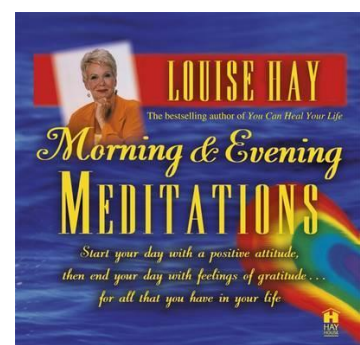
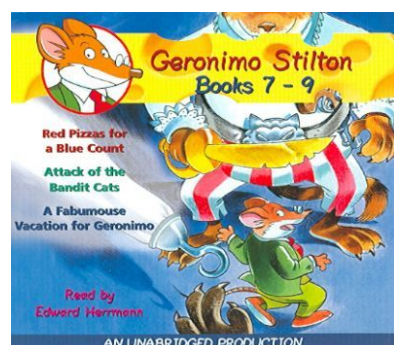
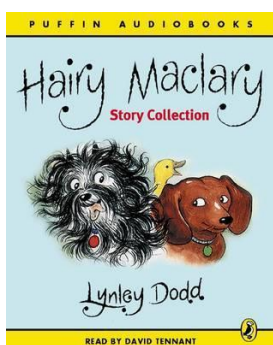
French: 26 April
Spanish: 10 May

3:30- 4:15
3:30- 4:15

To register interest for this and future sessions, contact the children's librarian at alfahal2@omantel.net.om



New Audio Books



RAHRC LIBRARY

ENGLISH LIBRARIAN

The library needs a new volunteer to be the English librarian. The person in this role does not need to be a native English speaker.

You are required to select and purchase books suitable for the Adult Fiction and Non-Fiction sections of the English library. Re-imburement is then made by the RAHRC.

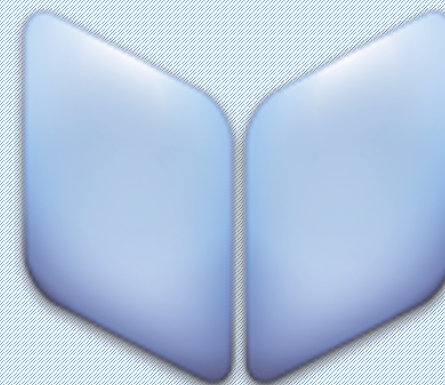
Books need to be covered and prepared for the shelves. They are then entered into our computer system.

This role would take about 4 hours a week to complete. It is not difficult and training would be provided. It is an enjoyable role but you need to be prepared to attend committee meetings each month and to represent the interest of all readers of the library.

If you are interested please email alfahal2@omantel.net.om

*RAHRC
LIBRARY*

i.mls



Access the library database and check out the latest news.

Download the app on google play or the app store

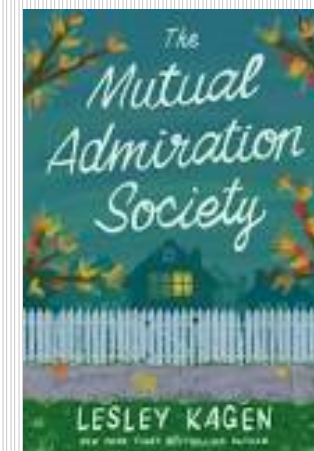
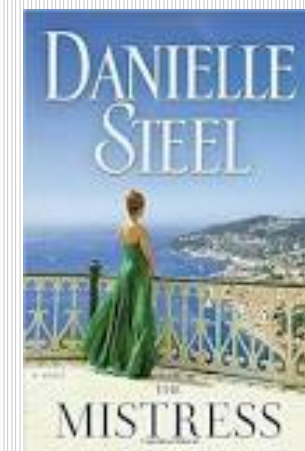
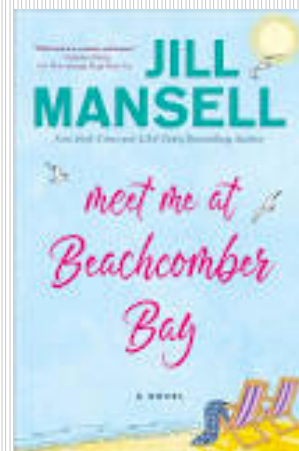
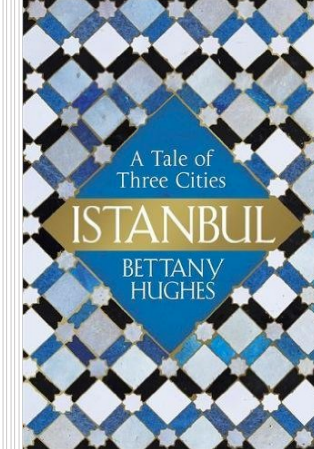
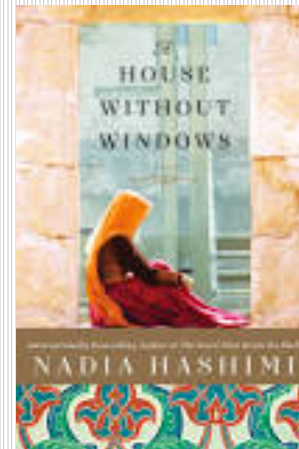
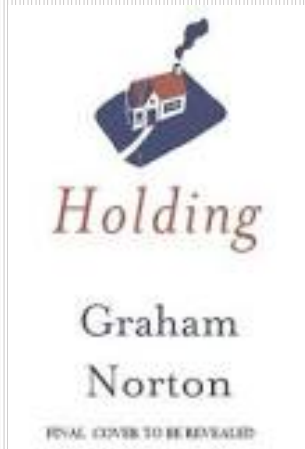
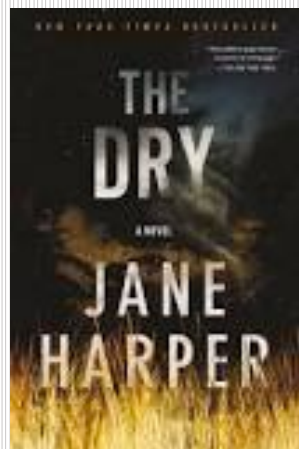
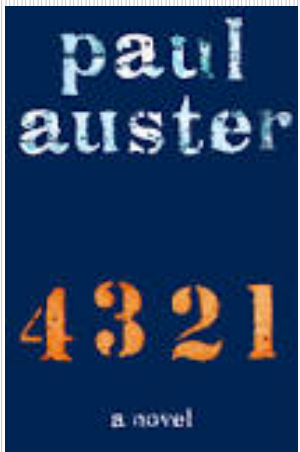
Site: Petroleum Development Oman 113

Login: Guest

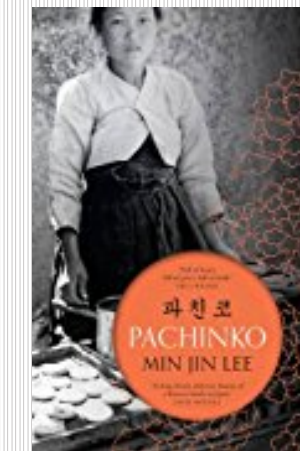
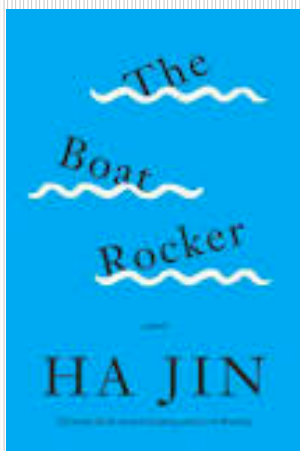
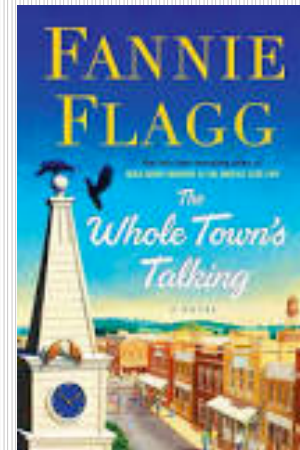
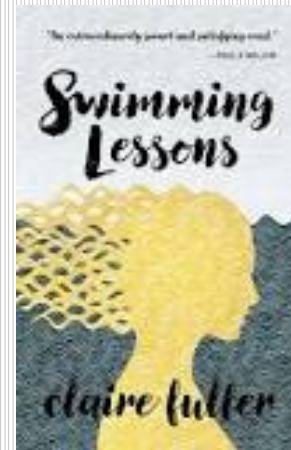
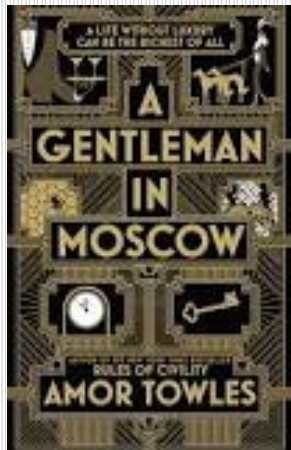
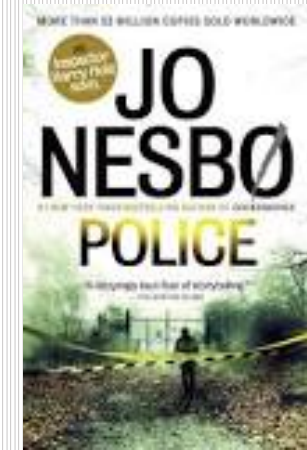
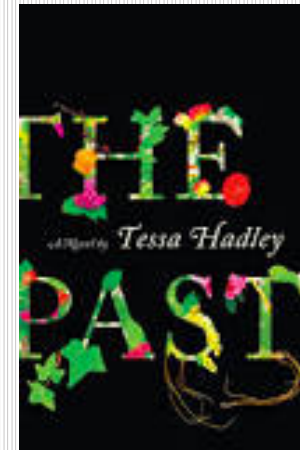
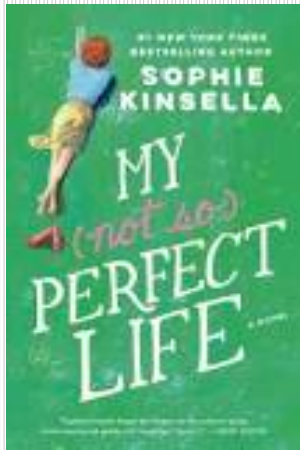
OR

Access our website online <https://U002255.microlibrarian.net>

NEW BOOKS



NEW BOOKS



RAHRC LIBRARY



Find us on
Facebook

VOLUNTEERS NEEDED

Monday 11.30 am to 2.30 pm

Each week

Wednesday 8:30am to 11:30am

Each week

Saturday 11am to 1pm

As needed – approx once every 4 – 6 weeks

If you are interested please email

alfahal2@omantel.net.om

or visit the library

DIVE SECTION MONTHLY BULLETIN

April 2017



Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Rick Henson

rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC



Join us exploring Oman underwater. We are a very friendly and active section of the Ras Al Hamra Recreation Club with around 90 members... We dive every week-end so why not join us for some world-class diving on your door step?

COME AND MEET US AT OUR REGULAR PLANNING MEETING AT 8.00 ON WEDNESDAYS IN THE DIVE ROOM/BOAT CLUB BAR

ALREADY A DIVER?

If you are already an Open Water Diver – no matter which organisation your qualification is with (PADI, SSI, NAUI etc.) – you can simply come and dive with us. You won't need to do any more training but there are lots of opportunities to “cross over” to BSAC and gain further skills and qualifications if you want. Contact our Membership Secretary—Jane Alcock (97473787) - or come along to our weekly planning meeting on a Wednesday evening to find out more.

If you have not dived for a while we are running some “back in the water” sessions and there is still time to join these.

Want to Learn to Dive?

We are not currently planning a beginner course so if you are keen to get started sooner you can train with one of the commercial dive schools and then join us once you have qualified. Either way, call in on one of our regular Wednesday meetings to get the low-down from our Training Officer—Louis Tsiakkiros.



RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Rick Henson

rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC

April News

Training...Training

Our training plans for the year are continuing to develop.

Both the Dive Leader and Sports Diver courses which started late in 2016 are well underway with keen students pushing through the Open Water lessons! (Or they will when the sea decides to warm up a bit!)

Try Dives

RAHSAC participated in the Section Fair at the end of March with lots of members taking the opportunity to do a try dive in the pool – lets hope that we see some new faces on the boat soon!



Training News

Courses planned for the future include:

Boat Handling: Middle-End 2017

Dive Leader: 2018

Sports Diver: End 2017

Speak to Louis our training officer for more details or to express an interest.



Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Rick Henson

rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC

RAS AL HAMRA SUB AQUA CLUB

BSAC BRANCH 1299s

April News

Diving Permit Changes

As announced last month MECA have now changed the system for obtaining annual diving permits – applications now MUST be made on-line and to do that you need to activate your residents' card and get a PIN number from the ROP. One of our members has kindly written a short guide to the process which can be found on our website here:

http://diving.pdorc.com/index.php?page=dive_permits



Boat Upgrades

You may have noticed RN now has some smart new seats but even more exciting is that both boats will soon be fitted with VHF radios as part of the upgraded waterfront safety initiatives and a new sonar/GPS is on order for RN to replace the current one which unfortunately was destroyed when the transducer was somehow amputated in circumstances that are a mystery.

As preparation for this work both boats electrical systems have been overhauled – many thanks to Jamie and Evert for their hard work on coordinating this!

JOIN YOUR



COMMITTEE

YOUR COMMITTEE NEEDS YOU!

This year the Dive Club AGM will be held on Wednesday 26th April. Several Committee members will not be standing again and new ideas are always welcome so why not think about joining us in any of these posts?

Chairman*

Diving Officer

Secretary

Treasurer*

Training Officer

Boat Officer

Social Secretary

Equipment Officer

Compressor Officer

Membership Secretary

Environment Officer

*Must be a PDO employee



RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



April News Continued

35 at 35 Challenge

RAHSAC is 35 in May as part of these we are running a “35 at 35” challenge. The aim is for the club to dive at least 35 different sites in its 35th year and there is a subsidiary, individual, challenge – for divers who dive 35 sites on club dives.

Sadly poor weather has slowed us down but there is still time to catch up:

RAH Search & Rescue

As part of the Waterfront upgrades the club is starting a more formal search and rescue response which should provide a more reliable assistance. The Dive Section is contributing its boats and a number of cox’ns to the efforts.

Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Rick Henson

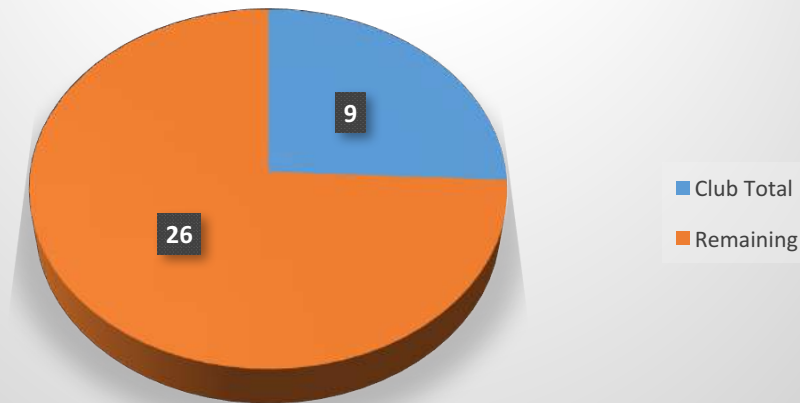
rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

35 @ 35 Progress Chart April 2017



Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC





Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Rick Henson

rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC

35th Anniversary Round The Island Dive



*One Tank
One Dive
All the way - if you dare*

Save the date - 6 May 2017



WWW.DIVING.PDORC.COM



Time is passing and its time to find a buddy for the round the island dive – you will need to find someone who matches your diving style and with whom you can agree a strategy – go deep and shorten the lines or keep shallow to minimise air consumption. Plus, don't pair yourself up with a real turbo-finner if you want to spend the dive taking pictures!

Entries will open in late April so you still have time to work out a plan.



RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Rick Henson

rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC



Lots of happy divers at our try dive event – check out our Facebook page to see lots more pictures!





Contact Us:

Chairman:

Ian Ford

Ian.Ford100@hotmail.com

Secretary:

Peter Bedson 96017044

peterzbedson@gmail.com

Treasurer:

Rick Henson

rickhenson@ymail.com

Diving Officer:

Evert Moes

Evert.moes@gmail.com

Check out our website and forum:

www.diving.pdorc.com

Join us on Facebook:

Search for RAHSAC

RAS AL HAMRA SUB AQUA CLUB BSAC BRANCH 1299s



Save the Date – Club Family Dhow Trip
35th Anniversary Family Dhow Trip
20th May from 2pm to 6pm
Tickets available soon



Winchroom Upgrade

In the next month we should see an upgrade to the winchroom which will improve visibility of the beach and bay for the boatmen.

Sadly, the boats are still likely to be parked “al-fresco” for some time yet as there has not been any decision on replacing the roof which has been demolished following the storm damage.

RAHRC Tennis Club

**4th Annual
Easter Tennis Camp**

Activities Include:
Mini Tennis
Games
Fitness Training
Competitions

Date: April 9th - April
13th

Time: 9AM - 12PM

Venue: Sports Hall

Daily Fee: 5 OMR Per
Child

Age Group: 5-14 Years
Old

To Register
Contact Coach Deron at
rahrctenniscoach@gmail.com or
95344398

Aerobic Schedule May 2017

Time	Sun	Mon	Tues	Wed	Thur	Fri	Sat					
8:30-9:30	GRITS Plyo Ladies (Fatma) Old Studio	BODY PUMP Ladies (Sharee) Old Studio	CIRCUIT TRAINING Ladies (Fatma) Old Studio	RPM Ladies (Femie) Old Studio	GRITS Strength & Cardio Ladies (Fatma) Old Studio	NO CLASSES	RPM/BODY PUMP Ladies (Femie) Old Studio (9:00-10:00) (No Class 14th)					
9:45-10:45	BOOTY BOOT CAMP Ladies (Laela) Old Studio	DANCE THERAPY Ladies (Sheran) New Studio	BODY BALANCE Ladies (Fatma) Old Studio	Yoga/Meditation Ladies (Marianne) New Studio	BOOTY BOOT CAMP Ladies (Laela) Old Studio		PILATES Ladies (Andrea) New Studio	PANDA PAK Ages 8-12 (Peter) Old Studio (11:00-12:00)				
12:00-1:00	RPM Ladies (Femie) Old Studio	CIRCUIT TRAINING Men (Alfredo) Sports Hall	ZUMBA Ladies (Azza) New Studio	POWER PUMP Men (Alfredo) Old Studio	BODY PUMP Ladies (Femie) Old Studio		STEPS/ABS ATTACK Men (Peter) Sports Hall	GRITS Ladies (Fatma) New Studio	RPM Men (Alfredo) Old Studio	BODY BALANCE /CORE CRAZE Ladies (Fatma) Old Studio	BODY BALANCE /CORE CRAZE Men (Alfredo) Sports Hall	Children's Ballroom Dancing Ages 6-14 (Ksenija) Old Studio (14:30-15:30)
16:30-17:30	BODY SCULPT Ladies (Femie) New Studio	RPM Mixed (Peter) Old Studio	BODY COMBAT Mixed (Shahab) Sports Hall (No Class 21st)	BODY PUMP Mixed (Peter) Old Studio	BODY BALANCE Ladies (Fatma) New Studio (16:00-17:00)		BODY COMBAT Mixed (Shahab) Sports Hall	BOXERCIZE Mixed (Abdulla) Old Studio	ZUMBA Ladies (Azza) New Studio	RPM Mixed (Peter) Old Studio	BODY COMBAT Mixed (Shahab) Sports Hall	BODY PUMP Mixed (Peter) Old Studio (16:00-17:00)
18:00-19:00	BODY PUMP Mixed (Peter) Old Studio		CIRCUIT TRAINING Mixed (Alfredo) Old Studio	BODY BALANCE Mixed (Alfredo) Old Studio	Intermediate Yoga Mixed (Anna) Old Studio (20:15-21:15)		Mixed Martial Arts Mixed (Peter & Femie) Old Studio (17:40-19:00)	Ballroom Dancing Mixed (Ksenija) Old Studio				