
SUNDAY BRUNCH

SPECIAL LOBSTER FESTIVAL

Sunday, February 11, 2024
(at the Dining Hall, Gym's Inn Bar,
Verandah, Food Court and Palm Court)

FEAST AT EAST

Sunday, February 18, 2024
(at the Dining Hall, Gym's Inn Bar,
Verandah, Food Court and Palm Court)

MEXICAN FOOD FESTIVAL

Sunday, February 25, 2024
(at the Pavilion)

SUNDAY BRUNCH AT THE PAVILION

Sunday, March 3, 2024
(at the Pavilion)

MAHARASHTRIAN THALI

Sunday, March 10, 2024
(at the Dining Hall and Palm Court)
(12.00 pm to 3.00 pm)



MONTH AT A GLANCE

Happenings at the Gym
**FEBRUARY 10 TO
MARCH 10**

DINING AT THE GYM

Presenting a
sumptuous preview
of what's cooking at
the Gym!*



* Events are subject to change in case of any Gymkhana functions.
Check with the Catering department closer to the date.

LIVE PIANO MUSIC AT THE GYM'S INN BAR

Tuesdays, February 13, 20 and 27, 2024;
March 5, 2024

Wednesdays, February 21 and 28, 2024;
March 6, 2024

Thursdays, February 15, 22 and 29, 2024;
March 7, 2024
(7.30 pm to 11.00 pm)

SPECIAL VALENTINE'S DAY CELEBRATIONS AT THE PAVILION

Performance by Daniella Alphonso (Piano & Violin) (7.30 pm to 11.00 pm)

VDJ & DJ MUSIC AT THE GYM'S INN BAR AND IN THE DINING HALL

Saturdays, February 23, 2024;
March 8, 2024 (9.00 pm to 1.00 am)

VALENTINE'S DAY BAR NITE AT THE GYM'S INN BAR & THE DINING HALL

DJ Trishina, Friday, February 16, 2024
(9.00 pm to 1.00 am)

BAR NITE AT THE GYM'S INN BAR & THE DINING HALL

DJ Suketu, Friday, March 1, 2024
(9.00 pm to 1.00 am)

SPECIAL EVENT

Mentallist, Saturday, February 17, 2024

DJ MUSIC AT THE GYM'S INN BAR AND IN THE DINING HALL

Saturdays, February 10, 17 and 24, 2024
March 2 and 9, 2024 (9.00 pm to 1.00 am)

SUNDAY BRUNCHES - LIVE MUSIC AT THE GYM'S INN BAR

* Events are subject to change in case of any Gymkhana functions. Check with reception closer to the date



Happenings at the Gym
**FEBRUARY 10 TO
MARCH 9**

HIGH SPIRITS AT THE GYM

Here's a look at what the Gym's lined up for you.*

© Shutterstock.com





Happenings at the Gym FEBRUARY 10 TO MARCH 9

SPORTS CALENDAR

See what's
coming up.



Bombay Gymkhana 3K and 10K Run on Sunday, 3rd March 2024
Friendly Table Tennis Match: BG vs WSC on Sunday, 18th Feb 2024

BADMINTON

7.00 am to 8.30 pm (all days of the week). COACHING: Shuttle Craze Academy, Wed, 4.00 pm to 6.00 pm; Sat & Sun, 11.00 am to 1.00 pm.
Fees: Members: ₹2,000/- pm + GST; Members' Guest: ₹3,000/- pm + GST

BILLIARDS & SNOOKER

Operational from 12.00 noon to 9.00 pm

BRIDGE

Operational from 1.00 pm to 8.30 pm

Bridge Pairs tournaments on 1st, 3rd & 5th Saturdays & All Tuesdays.
Family Bridge Tournament, 10th February, 2024

CRICKET

Cricket Season commenced in November 2023: Junior's Cricket Coaching by Rushikesh Mayekar, Tue to Fri, 4.00 pm to 6.00 pm (7 to 14 years age group). Fees: members ₹1,500/- pm + GST; member's guest: ₹2,000/- pm + GST.

Inaugural Lawyers Cricket Tournament will be starting on 17th and 18th February 2024.

RFS Talyarkhan Invitational Cricket Tournament starting from 20th to 25th February 2024.

UNISEX FITNESS CENTRE (UFC)

Operational from 6.00 am to 9.30 pm. Trainer Services available "free of cost", subject to bookings. Contact Reception/Sports Office.
Personal Training for members now open for registrations. Charges are ₹600/- for a 1-hour session.

BOOT CAMP PROGRAM

By Fitness Force. Open for members above 14 years only.
Every Tuesday & Thursday, from 7.30 am to 8.30 am at our lush green lawns. Fees: ₹2,000/- pm + GST for members. Call Sports Office* for registration.

FUN FITNESS FOR KIDS

By Atul Gupta. Open for members & member's guests from 4 to 8 years only: Saturday from 10.30 am to 11.30 am at our lush green lawns. Fees: members: ₹500/- pm + GST; member's guests: ₹500/- + GST per session.

FIT MUNKS FITNESS

By Atul Gupta. Open for members & member's guests from 2 to 4 years only. Sat, 10.30 am to 11.15 am at our lush green lawns. Fees: members: ₹500/- pm + GST; member's guests: ₹500/- + GST per session.

FOOTBALL

Coaching by coach Manish & team for children on Mon/Wed/Fri/ from 5.00 pm to 6.00 pm.

Charges: members: ₹1,000/- pm + GST (U-5 to U-12), members: ₹2,200/- pm + GST (U-3), members' guest: ₹3,000/- pm + GST (U-5 to U-12), members' guest: ₹3,200/- pm + GST (U-3).

For women's team, from 6.00 pm to 7.00 pm.

Contact Sports Office* for registration.

BG Blitz International Soccer Tournament - 2nd & 3rd February 2024.

RUGBY

6.30 am to 9.00 am & 6.00 pm to 9.00 pm on Tue/Thu/Sat.

SQUASH

Mon-Sat: 7.00 am to 8.30 pm; Sun & bank holidays: 8.00 am to 7.30 pm. COACHING by Zest for Sports & More: Tue to Fri, 2.30 pm to 5.30 pm, and Sat and Sun, 9.00 am to 1.00 pm. Fees for Members: Beginners: ₹6,000/- pm + GST; Intermediate: ₹8,500/- pm + GST; Advance: ₹13,500/- pm + GST; Elite: ₹16,500/- pm + GST; Fees for Guests: Intermediate: ₹13,500/- pm + GST; Advance: ₹16,500/- pm + GST; Elite: ₹22,000/- pm + GST

The Kay Challenge Doubles Handicap Squash tournament from 12th to 25th February 2024.
The last date for entry is 5th February 2024.

TENNIS

7.00 am to 9.30 pm on all days of the week. Coaching by Professional Tennis Academy, Monday to Friday, 3.30 pm to 6.30 pm, and Saturday & Sunday, 9.30 am to 11.30 am.

- A – Beginners' batch – 3 times a week for 1 hour each – ₹1,960/- pm
- B – Beginners' batch – 5 times a week for 1 hour each – ₹3,043/- pm
- C – Mini Tennis batch (4 to 6 yrs.) – 3 times a week for 1 hour each – ₹1,304/- pm
 - D – Juniors batch – Sat/Sun – ₹3,643/- pm
 - E – Adults batch – Sat/Sun – ₹3,492/- pm
- F – Intermediate batch – 3 times a week without fitness – ₹3,491/- pm
- G – Intermediate batch – 3 times a week with fitness – ₹5,705/- pm
- H – Intermediate batch – 5 times a week without fitness – ₹5,819/- pm
- I – Intermediate batch – 5 times a week with fitness – ₹8,033/- pm
- J – Advanced batch – 3 times a week for 1 hour without fitness – ₹5,035/- pm
- K – Advanced batch – 3 times a week for 1 hour with fitness – ₹7,095/- pm
- L – Advanced batch – 5 times a week for 1 hour without fitness – ₹9,340/- pm
- M – Advanced batch – 5 times a week for 1 hour with fitness – ₹11,400/- pm
- N – Advanced batch – 3 times a week for 1.5 hours – ₹11,300/- pm
- O – Advanced batch – 5 times a week for 1.5 hours – ₹15,420/- pm
- P – Advanced batch playing members – 5 times a week for 1.5 hours – ₹23,415/- pm
- Q – Super Advanced batch – 5 times a week for 2 hours – ₹20,055/- pm

SWIMMING

Operational from 6.30 am to 9.30 pm for members and children. Guests permitted all days of the week.

Kids' coaching by Vistasp Besania

Beginners Batch: Tue/Thu- 5.00 to 5.45 pm & 5.45 to 6.30 pm, & Sat- 4.00 to 4.45 pm & 4.45 to 5.30 pm.

Pre-Advanced Batch: Mon/Wed/Fri- 5.00 to 6.00 pm.

Duration: 12 sessions a month. Fees: ₹3,000/- pm + GST per member.

Aqua Aerobics by Snehal Bhal

Batch: Mon/Wed/Fri, from 8.00 am to 9.00 am. Duration: 12 sessions a month. Fees: Member: ₹2,800/- pm + GST.

Adults coaching by Vistasp Besania

Batch: Saturday and Sunday, from 9.30 to 10.30 am.

Duration: 8/10 sessions a month. Fees: ₹2,500/- pm + GST per member.

Adults coaching 1-on-1 by Ravi Babar (45-minute slots)

Single Session ₹400/- + GST per member. Shared Sessions: (Max 2 per session) ₹750/- + GST per member. Single Session: Rs. 3,200/- + GST per member per month. Shared Session: ₹6,000/- + GST per month, debited to single member account

Masters Front Crawl Swim Lessons by Ashutosh Barve for Intermediate & Advanced Adult Swimmers, started from 25th June. Packages of 1-hour slots available on request. Contact Sports Office* for pricing & other details.

Scuba Diving by ScubaLov on weekends. Minimum two registrations.

HYBRID YOGA

Hybrid Yoga Sessions on Mon/Wed/Fri from 8.15 am to 9.15 am at the Palm Court.

Fees: Members: ₹500/- pm + GST, Members' Guests: ₹1,000/- pm + GST, Members' Guests attending physically: ₹2,000/- pm + GST. Contact Sports Office* for registration.

Prices and timings are liable to change. Check with the Sports Office for confirmation. 🏠 = One-off events to look out for
Sports Office Tel.: +91 22 2207 0311-4 / 022 4322 400, Ext. 443 / 411. What's App/Cell: +91 98695 62525