
SUNDAY BRUNCH

MAHARASHTRIAN THALI

Sunday, December 10, 2023
(at the Dining Hall, Gym's Inn Bar,
Palm Court, Food Court and Verandah)

KERALA FOOD FESTIVAL

Sunday, December 17, 2023
(at the Dining Hall, Gym's Inn Bar,
Palm Court, Food Court and Verandah)

SUNDAY BRUNCH AT THE PAVILION

Sunday, December 24, 2023
(at the Pavilion)

INTERNATIONAL GRILLS

Sunday, January 7, 2024
(at the Dining Hall, Gym's Inn Bar,
Palm Court, Food Court and Verandah)

CHRISTMAS SPECIAL LUNCH

Monday, December 25, 2023
(at the Dining Hall and
Palm Court)



MONTH AT A GLANCE

Happenings at the Gym
**DECEMBER 10 TO
JANUARY 9**

DINING AT THE GYM

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



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* 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, December 12, 19 and 26, 2023;
January 2 and 9, 2024
Wednesdays, December 13, 20 and 27, 2023;
January 3 and 10, 2024
Thursdays, December 14, 21, and 28, 2023;
January 4, 2024
(7.30 pm to 11.00 pm)

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

Saturdays, December 16 and 30, 2023;
January 6, 2024 (9.00 pm to 1.00 am)

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

Fridays, December 15, 22 and 29, 2023
January 5, 2024 (9.00 pm to 1.00 am)

CHRISTMAS EVE NIGHT WITH VICTOR & CROWNS LIVE BAND

Saturday, December 23, 2023
(9.00 pm to 1.00 am)

NEW YEAR'S EVE AT THE FRONT LAWN

Sunday, December 31, 2023

SUNDAY BRUNCHES - LIVE MUSIC AT THE GYM' INN BAR

Sundays, December 10, 17 and 24, 2023;
January 7, 2024
(12.30 pm to 3.00 pm)

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



Happenings at the Gym
**DECEMBER 10 TO
JANUARY 10**

HIGH SPIRITS AT THE GYM

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

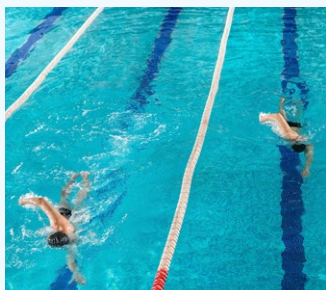




Happenings at the Gym **DECEMBER 10 TO JANUARY 9**

SPORTS CALENDAR

See what's
coming up.



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.
National Ranking Ladies Mixes Pairs Event, 4th to 9th Dec, Dining Hall.

CRICKET

Cricket Season commences 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.

Celebration of the 90th Anniversary of the first Test match played in India at Bombay Gymkhana from 15th to 18th December, 1933.

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.

Fitness Challenge on 16th Dec, 9.00 am to 11.00 am at BG Field.

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 from 4 to 8 years only.
Saturday from 10.30 am to 11.30 am at our lush green lawns.
Fees: ₹500/- pm + GST, for members.

FIT MUNKS FITNESS

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

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.

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. Tuesday to Friday, 2.30 pm to

5.30 pm, and Saturday and Sunday, 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

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.

Ladder Challenge & Tryout for Swim Team - 9th or 10th December, 2023

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.

Spirit of CCI: Triathlon scheduled for Saturday, 13th January, 2024.
Members interested in participating may contact the sports office
on sports@bombaygymkhana.com

Dates 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/Call: +91 98696 62525