

MONTH AT A GLANCE

Happenings at the Gym

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

6th April to 10th May

APRIL Save these dates on your calendar now!	6 SAT Khar Gym Gala (6 th to 7 th April 2024)		10 WED Pianist Cabrino Fernandes at the Gym's Inn Bar (7.30 pm to 11.00 pm)
11 THU Mark Parakh at the Gym's Inn Bar (7.30 pm to 11.00 pm)		12 FRI Bar Nite – One Empire Live Band (9:00 pm to 1:00 am)	
	13 SAT DJ MUSIC at the Gyms Inn Bar & The Dining Hall (9:00 pm to 1:00 am)		14 SUN Dum Biryani Festival (12 noon to 3 pm)
17 WED Painist Auxilia Sequeria at the Gym's Inn Bar (7:30 pm to 11:00 pm)		18 THUR Mark Parakh at the Gym's Inn Bar (7:30 pm to 11:00 pm)	
	19 FRI VDJ & DJ at the Gyms Inn Bar & The Dining Hall (9:00 pm to 1:00 am)		20 SAT Ashok Kapur Memorial Bridge Tournament

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

APRIL

Save these
dates on your
calendar now!

20 SAT

Otter's Open Gala
(20th to 21st April 2024)



DJ MUSIC
at the Gyms Inn Bar
& The Dining Hall
(20th April, 9:00 pm to 1:00
am)

21 SUN

All Stir Fry
(12 noon to 3:00 pm)



24 WED

**Painist Cabrino
Fernandes**
at the Gym's Inn Bar
(7:30 pm to 11:00 pm)



25 THUR

Mark Parakh
at the Gym's Inn Bar
(7:30 pm to 11:00 pm)



26 FRI

**BAR NITE –
DJ Rahul Seth**
(9:00 pm to 1:00 am)

27 SAT

DJ MUSIC
at the Gyms Inn Bar
& The Dining Hall
(9:00 pm to 1:00 am)



28 SUN

Sunday Brunch
The Café
(12 noon to 3:00 pm)



MAY

Save these
dates on your
calendar now!



3

**30th G. D. Birla Veteran
Interclub Badminton
Tournament**
(3rd to 5th May & 8th to
12th May 2024)

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

SPORTS DETAILS

BADMINTON

7.00 am – 8.30 pm
Coaching by Shuttle Craze Academy
Wed, 4.00 pm – 6.00 pm;
Sat & Sun, 11.00 am – 1.00 pm.
Fees: Members: ₹2,000/- pm + GST;
Member's Guest: ₹3,000/- pm + GST

BILLIARDS & SNOOKER

Billiards & Snooker room closed for renovation.
Temporary setup done at MPR 1

BRIDGE

1.00 pm – 8.30 pm
Bridge Pairs tournaments on 1st, 3rd & 5th
Saturdays & all Tuesdays.
Beginner's tournament on
Fridays: 3.00 pm – 6.00 pm
Contact Sports Office* for further details.

CRICKET

Tues/Thurs: Day-night matches; Saturdays: Half day
matches; Sunday: Full day matches

Junior Cricket Coaching by Rushikesh Mayekar

Tue-Fri, 4.00 pm – 6.00 pm (7 to 14 years)
Fees: Members: ₹1,500/- pm + GST; Member's
Guest: ₹2,000/- pm + GST

Come improve your skills! Net practice under
the supervision of Farhad Daruwala.
Tues-Fri: 4.00 pm – 6.00 pm

UNISEX FITNESS CENTRE (UFC)

6.00 am – to 9.30 pm
Trainer services available "free of cost",
subject to bookings.
Contact Reception/Sports Office*.

BOOT CAMP PROGRAM BY FITNESS FORCE (14 yrs and above)

Every Tuesday & Thursday: 7.30 am – 8.30 am
on our lush green lawns.
Fees: ₹2,000/- pm + GST for members.
Contact Sports Office* for registration.

FUN FITNESS FOR KIDS (2 yrs – 8 yrs) BY ATUL GUPTA

Open for children of members & member's guests
Saturday: 10.30 am – 11.30 am
on our lush green lawns.
Fees: Members: ₹500/- pm + GST;
Member's Guest: ₹500/- + GST per session.

FOOTBALL

Men's Senior & 1st Division Team Training

Mon/Wed/Fri: 7.00 pm to 8.45 pm

Children & Women's Football Coaching

For children: Mon/Wed/Fri: 5.00 pm – 6.00 pm
Fees: Members: ₹1,000/- pm + GST;
Member's Guest: ₹3,000/- pm + GST
(U-7 to U-14 yrs).

Members: ₹2,200/- pm + GST;
Member's Guest: ₹3,200/- pm + GST (U-4 yrs)

Women's Coaching: 6.00 pm – 7.00 pm
Contact Sports Office* for registration.

RUGBY

Rugby Team Training: 6.30 am – 9.00 am &
6.00 pm – 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-Fri, 2.30 pm – 5.30 pm &
Sat & Sun, 9.00 am to 1.00 pm.

Fees:

Beginners: Members: ₹7,000/- pm + GST
Intermediate: Members: ₹9,500/- pm + GST
Member's Guest: ₹15,000/- pm + GST
Advance: Members: ₹15,000/- pm + GST
Member's Guest: ₹18,000/- pm + GST
Elite: Members: ₹18,000/- pm + GST
Member's Guest: ₹25,000/- pm + GST

HYBRID YOGA

Hybrid Yoga Sessions on Mon/Wed/Fri:
8.15 am – 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.

PHYSIO

Physio Sessions on Mon-Sat:
9.00 am – 3.30 pm at the UFC Physio Room
Fee: ₹1,500/- + GST for a
(45-minute-long session)
Contact Reception/Sports Office for booking*.

TENNIS

7.00 am – 9.30 pm

Coaching by Professional Tennis Academy

Mon-Fri: 3.30 pm – 6.30 pm; Sat & Sun: 9.30 am – 11.30 am

BEGINNER'S: 3 times a week – 1 hr – ₹2,352/- pm

5 times a week – 1 hr – ₹3,652/- pm

MINI BATCH (4 yrs – 6 yrs): 3 times a week – 1 hr – ₹1,565/- pm

JUNIOR: Sat/Sun – ₹4,372/- pm

ADULTS: Sat/Sun – ₹4,190/- pm

INTERMEDIATE

- 3 times a week without fitness – ₹4,189/- pm
- 3 times a week with fitness – ₹6,846/- pm
- 5 times a week without fitness – ₹6,983/- pm
- 5 times a week with fitness – ₹9,640/- pm

ADVANCED

- 3 times a week for 1 hour without fitness – ₹5,539/- pm;
non-members: ₹7,700/- pm
- 3 times a week for 1 hour with fitness – ₹7,805/- pm;
non-members: ₹8,800/- pm
- 5 times a week for 1 hour without fitness – ₹10,274/- pm;
non-members: ₹13,356/- pm
- 5 times a week for 1 hour with fitness – ₹12,540/- pm;
non-members: ₹16,302/- pm
- 3 times a week for 1.5 hours – ₹12,430/- pm; non-members: ₹13,230/- pm
- 5 times a week for 1.5 hours – ₹16,962/- pm; non-members: ₹22,051/- pm
- Playing Members – 5 times a week for 1.5 hours – ₹25,757/- pm

SUPER ADVANCED

- 5 times a week – 2 hrs – ₹22,061/- pm

SWIMMING

6.30 am – 9.30 pm

Kids' coaching by Vistasp Besania

Beginners: Tue/Thu: 5.00 pm – 5.45 pm & 5.45 pm – 6.30 pm

Sat: 4.00 pm – 4.45 pm & 4.45 pm – 5.30 pm

Pre-Advanced: Mon/Wed/Fri: 5.00 pm – 6.00 pm

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

Adults coaching by Vistasp Besania

Batch: Saturday and Sunday, 9.30 – 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: ₹3,200/- + GST per member per month.

Shared Session: ₹6,000/- + GST per month, debited to single member account.

Aqua Aerobics by Snehal Bhal

Mon/Wed/Fri: 8.00 am – 9.00 am Duration: 12 sessions a month

Fees: Members: ₹2,800/- pm + GST.

Masters Front Crawl Swim Lessons by Ashutosh Barve

Intermediate & Advanced Adult Swimmers. Packages of 1-hour slots available on request.

Contact Sports Office* for pricing & other details.

Scuba Diving by ScubaLov on weekends

Minimum two registrations. Contact Sports Office* for details.

BG VS WSC ANNUAL FRIENDSHIP GOLF TOURNAMENT - TBC