

MONTH AT A GLANCE

Happenings at the Gym

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

8th March to 10th April

<p>MARCH</p> <p>Save these dates on your calendar now!</p>	<p>8 FRI</p> <p>Special International Women's Day Celebrations Oriental Food Menu (8th to 10th March, 12 noon to 3.00 pm)</p>		<p>9 SAT</p> <p>Winter Pool Carnival (1.00 pm to 4.30 pm)</p>
<p>10 SUN</p> <p>Special Regional Food Menu Pop Up by Restaurant "Folk" (12 noon to 3.00 pm)</p>	<p>13 WED</p> <p>Pianist Auxilia Sequeira/Cabrino Fernandes at the Gym's Inn Bar (7.30 pm to 11.00 pm)</p>	<p>14 THU</p> <p>Pianist Mark Parakh/ Daniella Alphonso at the Gym's Inn Bar (7.30 pm to 11.00 pm)</p>	<p>15 FRI</p> <p>BG vs WSC Annual Friendship Golf Tournament</p>
<p>DJ Herman & VDJ Prathamesh at the Gym's Inn Bar & The Dining Hall (15th March, 9.00 pm to 1.00 am)</p>	<p>Bursting Myths of Aqua Fitness Talk by Snehal Bhal (15th March, 6.00 pm to 7.00 pm)</p>	<p>16 SAT</p> <p>DJ Herman at the Gym's Inn Bar & The Dining Hall (9.00 pm to 1.00 am)</p>	
<p>17 SUN</p> <p>Parsi Bhonu by Tannaz Godiwala (12 noon to 3.00 pm)</p>	<p>20 WED</p> <p>Pianist Auxilia Sequeira/Cabrino Fernandes at the Gym's Inn Bar (7.30 pm to 11.00 pm)</p>	<p>21 THU</p> <p>Pianist Mark Parakh/ Daniella Alphonso at the Gym's Inn Bar (7.30 pm to 11.00 pm)</p>	<p>22 FRI</p> <p>DJ Herman & VDJ Prathamesh at the Gym's Inn Bar & The Dining Hall (9.00 pm to 1.00 am)</p>
	<p>23 SAT</p> <p>DJ Herman at the Gym's Inn Bar & The Dining Hall (9.00 pm to 1.00 am)</p>	<p>IC Ram Batra Memorial Tennis Tournament (23rd & 24th March)</p>	<p>Khar Gym Swimming Open Gala (23rd & 24th March)</p>

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

MARCH

Save these
dates on your
calendar now!

24

SUN

**Maharashtrian
Thali**
(12 noon to 3.00 pm)



27

WED

**Pianist Auxilia
Sequeira/Cabrino
Fernandes**
at the Gym's Inn Bar
(7.30 pm to 11.00 pm)

28

THU

**Pianist Mark
Parakh/Daniella
Alphonso**
at the Gym's Inn Bar
(7.30 pm to 11.00 pm)

29

FRI

**DJ Herman & VDJ
Prathamesh**
at the Gym's Inn Bar &
The Dining Hall
(9.00 pm to 1.00 am)

30

SAT

DJ Herman
at the Gyms Inn Bar &
The Dining Hall
(9.00 pm to 1.00 am)



**MIG Swimming
Gala**
(30th & 31st March 2024)

APRIL



3

WED

**Pianist Auxilia
Sequeira/Cabrino
Fernandes**
at the Gym's Inn Bar
(7.30 pm to 11.00 pm)

4

THU

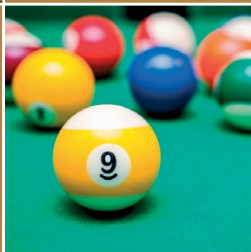
**Pianist Mark Parakh/
Daniella Alphonso**
at the Gym's Inn Bar
(7.30 pm to 11.00 pm)

5

FRI

**DJ Herman &
VDJ Prathamesh**
at the Gym's Inn Bar &
The Dining Hall
(9.00 pm to 1.00 am)

**NSCI Interclub
Sports Championship
2024**
(5th April to 14th April)



6

SAT

DJ Herman
at the Gyms Inn Bar &
The Dining Hall
(9.00 pm to 1.00 am)

7

SUN

**Sunday Brunch at
the Pavilion**
(12 noon to 3.00 pm)



10

WED

**Pianist Auxilia
Sequeira/Cabrino
Fernandes**
at the Gym's Inn Bar
(7.30 pm to 11.00 pm)



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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

12.00 noon – 9.00 pm

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*.

Personal training for members now open for registrations.

Fees: ₹600/- for a 1-hour session.

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

(4 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.

FIT MUNKS FITNESS

(2 yrs - 4 yrs) BY ATUL GUPTA

Open for members & member's guests.

Saturday: 10.30 am – 11.15 am on our lush green lawns.

Fees: Members: ₹500/- pm + GST;

Member's Guest: ₹500/- + GST per session.

FOOTBALL

Children & Women's Football Coaching

For children: Mon/Wed/Fri: 5.00 pm – 6.00 pm

Fees: Members: ₹2,200/- pm + GST;

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

Members: ₹1,000/- pm + GST;

Member's Guest: ₹3,000/- pm + GST

(U-5 yrs to U-12)

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: ₹6,000/- pm + GST

Intermediate: Members: ₹8,500/- pm + GST

Member's Guest: ₹13,500/- pm + GST

Advance: Members: ₹13,500/- pm + GST

Member's Guest: ₹16,500/- pm + GST

Elite: Members: ₹16,500/- pm + GST

Member's Guest: ₹22,000/- 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 – ₹6,042/- pm
- 3 times a week for 1 hour with fitness – ₹8,514/- pm
- 5 times a week for 1 hour without fitness – ₹11,208/- pm
- 5 times a week for 1 hour with fitness – ₹13,680/- pm
- 3 times a week for 1.5 hours – ₹12,430/- pm
- 5 times a week for 1.5 hours – ₹16,962/- 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 Invitational Interclub Swimming Meet