

## SUNDAY BRUNCH

PARSI NEW YEAR CELEBRATIONS - PARSI BHONU BY  
TANAAZ GODIWALA

Sunday, August 13, 2023  
(at the Dining Hall)

## INTERNATIONAL GRILLS

Sunday, August 20, 2023  
(at the Dining Hall, Gym's Inn Bar,  
Palm Court, Food Court and Verandah)

## DOSA FESTIVAL

Sunday, August 27, 2023  
(at the Dining Hall, Gym's Inn Bar,  
Palm Court, Food Court and Verandah)

## SUNDAY BRUNCH AT THE PAVILION

Sunday, September 3, 2023  
(at the Pavilion)

## BIRYANI FESTIVAL

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



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



# MONTH AT A GLANCE

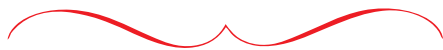
*Happenings at the Gym*  
**AUGUST 10 TO  
SEPTEMBER 10**

## DINING AT THE GYM

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



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LIVE PIANO MUSIC AT THE GYM'S INN BAR

Tuesday, August 15, 22 and 29, 2023;

September 5, 2023

Wednesday, August 16, 23 and 30, 2023;

September 6, 2023

Thursday, August 10, 17, 24 and 31, 2023;

September 7, 2023

(7.30 pm to 11.00 pm)

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

Saturday, August 12 and 26, 2023;

September 2 and 9, 2023

(9.00 pm to 1.00 am)

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

Friday, August 11, 18 and 25, 2023;

September 1, 2023

(9.00 pm to 1.00 am)

BAR NITE AT THE GYM'S INN AND  
IN THE DINING HALL

Friday, September 8, 2023

(9.00 pm to 1.00 am)

GYM'S INN NITE - LIVE BAND

Saturday, August 19, 2023

(9.00 pm to 1.00 am)

SUNDAY BRUNCHES - LIVE MUSIC AT  
THE GYM' INN BAR

Sunday, August 13, 20 and 27, 2023;

September 3 and 10, 2023

(12.30 pm to 3.00 pm)



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*Happenings at the Gym*

**AUGUST 10 TO**

**SEPTEMBER 10**

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**HIGH  
SPIRITS  
AT THE GYM**

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



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## Happenings at the Gym AUGUST 10 TO SEPTEMBER 9

# SPORTS CALENDAR

See what's  
coming up.



### BADMINTON

7.00 am to 8.30 pm (On all days of the week.)  
COACHING by Shuttle Craze Academy, Wednesday, 4.00 pm to 6.00 pm;  
Saturday and Sunday, 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 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Saturdays & All Tuesdays.

### CRICKET

Cricket Season will commence in October 2023.

### 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 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.  
New batch starts from Saturday, 3<sup>rd</sup> June, 2023, 10.30 am to 11.15 am.  
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, Members' Guest: ₹3,000/- pm  
+ GST. For women's team, from 6.00 pm to 7.00 pm.  
Contact Sports Office\* for registration.

### HOCKEY

Wednesdays, from 6.00 pm to 7.00 pm. Hockey sticks are provided.  
Bring your own shin pads. Call Sports Office\* for registration.

### SQUASH

7.00 am to 8.30 pm, Monday to Saturday; 8.00 am to 7.30 pm,  
Sundays & Bank Holidays.

46<sup>th</sup> BG Maharashtra State Open Squash Tournament, from 2<sup>nd</sup> to  
6<sup>th</sup> September, 2023. Last date for entries: 3<sup>rd</sup> August, 2023.

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

### RUGBY

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

### 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 of all ages.  
Guests are now 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,  
and 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: ₹2,800/- pm + GST per member.

#### **Adults coaching by Nirav Vora**

Batch: Saturday and Sunday, from 8.00 am to 9.00 am.

Duration: 8/10 sessions a month. Fees: ₹4,250/- + GST per member per month.

#### **Adults coaching by Vistasp Besania, starting 1<sup>st</sup> May, 2023**

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

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

#### **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, starting from 25<sup>th</sup> June.** Packages of 1-hour slots available on request. Contact Sports Office\* for pricing & more details.

**BG Annual Swim Meet, Sunday, 6<sup>th</sup> August 2023**  
**Scuba Diving by ScubaLov on Weekends.** Minimum two registrations.

### **THROW BALL**

Ladies Throw Ball practice every Friday from 6.00 pm to 8.00 pm.

### **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.

### **YOGA FOR KIDS THROUGH STORYTELLING**

The classes will be conducted every Thursday. Members will be charged ₹100 per person (i.e., ₹400/- per month). Members are requested to RSVP- [sports@bombaygymkhana.com](mailto:sports@bombaygymkhana.com), or call the Sports Section on +91 22 4322 400.

*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