



SUNDAY BRUNCH

MAHARASHTRIAN FOOD FESTIVAL

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

DUM BIRYANI FESTIVAL

Sunday, September 24, 2023
(at the Dining Hall, Gym's Inn Bar,
Palm Court, Food Court and Verandah)

SUNDAY BRUNCH AT THE PAVILION

Sunday, October 1, 2023
(at the Pavilion)

ALL STIR FRY

Sunday, October 8, 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
**SEPTEMBER 10 TO
OCTOBER 9**

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, September 12, 19 and 26, 2023;
October 3 and 10, 2023**

**Wednesday, September 13, 20 and 27, 2023;
October 4 and 11, 2023**

**Thursday, September 14, 21, and 28, 2023;
October 5, 2023
(7.30 pm to 11.00 pm)**

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

**Saturday, September 16 and 23, 2023;
October 7, 2023
(9.00 pm to 1.00 am)**

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

**Friday, September 15, 22 and 29, 2023
(9.00 pm to 1.00 am)**

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

**Friday, October 6, 2023
(9.00 pm to 1.00 am)**

GYM'S INN NITE - LIVE BAND

**Saturday, September 30, 2023
(9.00 pm to 1.00 am)**

SUNDAY BRUNCHES - LIVE MUSIC AT
THE GYM' INN BAR

**Sunday, September 17 and 24, 2023;
October 1 and 8, 2023
(12.30 pm to 3.00 pm)**



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

**HIGH
SPIRITS
AT THE GYM**

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



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



Happenings at the Gym SEPTEMBER 10 TO OCTOBER 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 1st, 3rd & 5th Saturdays & All Tuesdays.
Beginner's Bridge tournament on every Friday.

The Gulam Vahanvati Memorial Bridge Tournament – 23rd
September, 2023.

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, 3rd 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.

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

46th Bombay Gymkhana Maharashtra State Open Squash
Tournament – 2nd to 6th September, 2023.
The Bombay Gymkhana organised Squash Section supported
'Squash-A-Mile', a fund raiser charity event in association with
V care foundation, on Sunday, 10th September, 2023.
Indian Junior Open – 23rd to 27th September, 2023.

RUGBY

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

All India & South Asia Rugby Tournament from 30th September to 7th October, 2023

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, & 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 1st 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 25th June. Packages of 1-hour slots available on request.

Contact Sports Office* for pricing & more details.

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, 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