

# MAF SWIMMING POOL & GYM SCHEDULE

	TIMINGS	MAF POOL	MAF GYM
<b>Sundays</b>	08:00hrs - 11:30hrs 11:30hrs - 13:30hrs 13:30hrs - 15:30hrs 15:30hrs - 20:00hrs 20:00hrs - 22:00hrs	Mixed Gents Only Mixed Ladies Only Gents Only	Mixed Ladies Only Mixed Gents Only Mixed
<b>Mondays</b>	08:00hrs - 10:30hrs 10:30hrs - 13:30hrs 13:30hrs - 15:30hrs 15:30hrs - 20:00hrs 20:00hrs - 22:00hrs	Mixed Ladies Only Mixed Gents Only Gents Only	Mixed Gents Only Mixed Ladies Only Mixed
<b>Tuesdays</b>	08:00hrs - 11:30hrs 11:30hrs - 13:30hrs 13:30hrs - 15:30hrs 15:30hrs - 20:00hrs 20:00hrs - 22:00hrs	Mixed Gents Only Mixed Ladies Only Gents Only	Mixed Ladies Only Mixed Gents Only Mixed
<b>Wednesdays</b>	08:00hrs - 10:30hrs 10:30hrs - 13:30hrs 13:30hrs - 15:30hrs 15:30hrs - 20:00hrs 20:00hrs - 22:00hrs	Mixed Ladies Only Mixed Gents Only Gents Only	Mixed Gents Only Mixed Ladies Only Mixed
<b>Thursdays</b>	08:00hrs - 11:30hrs 11:30hrs - 13:30hrs 13:30hrs - 15:30hrs 15:30hrs - 20:00hrs 20:00hrs - 22:00hrs	Mixed Gents Only Mixed Ladies Only Gents Only	Mixed Ladies Only Mixed Gents Only Mixed
<b>Fridays</b>	08:00hrs - 22:00hrs	Mixed	Mixed
<b>Saturdays</b>	08:00hrs - 10:00hrs 10:00hrs - 13:30hrs 13:30hrs - 22:00hrs	Mixed Ladies Only Mixed	Mixed Gents Only Mixed



شركة تنمية نفط عُمان  
Petroleum Development Oman