

MONTH AT A GLANCE

Happenings at the Gym

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

1st September to 10th October

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| SEPTEMBER Save these dates on your calendar now! | 1 SUN Steak Festival (12 noon to 3:00 pm) |  | 3 TUE DJ Music at the Gyms Inn Bar & The Dining Hall (7:30 pm to 11:00 pm) |
| 4 WED Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm) | 5 THU Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm) | 6 FRI VDJ & DJ at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am) | 7 SAT DJ Music at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am) |
| 8 SUN Ganpati Special Maharashtra Thali (12 noon to 3:00 pm) | 9 MON Meet the author: Liana Mistry in the Dining Hall (5:30 pm to 6:30 pm) | 10 TUE DJ Music at the Gym's Inn Bar & The Dining Hall (7:30 pm to 11:00 pm) | 11 WED Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm) |
| 12 THU Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm) | 13 FRI VDJ & DJ at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am) | 14 SAT DJ Music at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am) | 15 SUN Dosa Festival (12 noon to 3:00 pm) |
| 17 TUE DJ Music at the Gym's Inn Bar & The Dining Hall (7:30 pm to 11:00 pm) | 18 WED Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm) | 19 THU Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm) | The Library Litfest Screening of The Show Must Go On by Divya and Jall (19 th September, 5:00 pm to 7:00 pm) |

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

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| <p>SEPTEMBER</p> <p>Save these dates on your calendar now!</p> | <p>20 FRI</p> <p>Bar Nite with DJ Ganesh at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am)</p> | <p>21 SAT</p> <p>The Library Litfest Motley presents The Gate Of Years with Kenny Desai (6:00 pm to 7:15 pm) DJ Music at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am)</p> | <p>22 SUN</p> <p>The Library Litfest Family Musical Raja Nang-Dhadang Hai! (11:00 am to 12:00 noon) Kebab & Curries Festival (12 noon to 3:00 pm)</p> |
| <p>24 TUE</p> <p>DJ Music at the Gym's Inn Bar & The Dining Hall (7:30 pm to 11:00 pm)</p> | <p>25 WED</p> <p>Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm)</p> | <p>26 THU</p> <p>Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm)</p> | <p>27 FRI</p> <p>VDJ & DJ at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am)</p> |
| <p>28 SAT</p> <p>DJ Music at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am)</p> | <p>BG Interclub Aquatics Championship (28th to 29th September)</p> | <p>29 SUN</p> <p>Roney Gomes Live Band at the Gym's Inn Bar (12:30 pm to 3:00 pm)</p> <hr/> <p>Mexican Food Festival (12 noon to 3:00 pm)</p> | <p>October</p> <p>Save these dates on your calendar now!</p> |
| <p>1 TUE</p> <p>DJ Music at the Gym's Inn Bar & The Dining Hall (7:30 pm to 11:00 pm)</p> | <p>2 WED</p> <p>Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm)</p> | <p>3 THU</p> <p>Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm)</p> | <p>4 FRI</p> <p>Gym's Inn Nite with Live Band at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am)</p> |
| <p>5 SAT</p> <p>DJ Music at the Gym's Inn Bar & The Dining Hall (9:00 pm to 1:00 am)</p> | <p>6 SUN</p> <p>Kerala Food Festival (12 noon to 3:00 pm)</p> | <p>8 TUE</p> <p>DJ Music at the Gym's Inn Bar & The Dining Hall (7:30 pm to 11:00 pm)</p> | <p>10 THU</p> <p>Piano Recital at the Gym's Inn Bar (7:30 pm to 11:00 pm)</p> |

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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

Operational from 12.00 noon to 9.00 pm.

BRIDGE

1.00 pm – 8.30 pm. (Bridge Pairs tournaments on
1st, 3rd & 5th Saturdays & all Tuesdays.
Contact Sports Office* for further details.)

CRICKET

Cricket season closed due to monsoons.

UNISEX FITNESS CENTRE (UFC)

6.30 am – 9.30 pm
Trainer services are "free of cost",
subject to bookings.

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 lawns.
Fees: Members: ₹500/- pm + GST;
Member's Guest: ₹500/- + GST per session.

FOOTBALL

Men's Elite & 1st Division Team Training.
Mon/Wed/Fri: 7.00 pm – 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; Sunday &
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 – 1.00 pm.

Fees:

Beginners: Members: ₹7,000/- pm + GST.
Intermediate: Members: ₹9,500/- pm + GST;
Members' Guest: ₹15,000/- pm + GST.
Advance: Members: ₹15,000/- pm + GST;
Members' 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: ₹750/- pm + GST;
Members' Guests: ₹1,500/- pm + GST

Members' Guests attending physically: ₹2,500/-
pm + GST. Contact Sports Office* for registration.

PHYSIO

Physio Sessions from Mon-Sat: 9.00 am – 7.00 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; non-members: ₹8,400/- pm
 - 3 times a week for 1 hour with fitness – ₹8,514/- pm; non-members: ₹9,600/- pm
 - 5 times a week for 1 hour without fitness – ₹11,208/- pm; non-members: ₹14,570/- pm
 - 5 times a week for 1 hour with fitness – ₹13,680/- pm; non-members: ₹17,784/- 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 am – 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.

Fees: Individual sessions: members - ₹500/- per session, non-members - ₹1,000/- per session
 2 sessions per week: members - ₹2,250/- per month, non-members - ₹4,500/- per month
 3 sessions per week: members - ₹3,350/- per month, non-members - ₹6,700/- per month
 3 sessions per week (3 months commitment): Members - ₹2,800/- per month, non-members - ₹5,600/- per month

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 Interclub Aquatics Championship on 28th & 29th September 2024