

# MONTH AT A GLANCE

## Happenings at the Gym

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

1<sup>st</sup> January to 10<sup>th</sup> February

<p><b>JANUARY</b></p> <p>Save these dates on your calendar now!</p>	<p><b>11</b> SAT</p> <p>Children's Book Club at The Storyboard (11.30 am – 12.30 pm)</p>	<p>Storytime (Children) at The Storyboard (11.30 am – 12.15 pm)</p> <hr/> <p>DJ Music at the Gym's Inn Bar &amp; Dining Hall (9.00 pm – 1.00 am)</p>	<p><b>12</b> SUN</p> <p>Winter Special Food Festival (12.30 pm to 3.00 pm)</p>
<p>Live Music Ian &amp; Debbie at the Gym's Inn Bar (12.30 pm to 3.00 pm)</p>	<p><b>13</b> MON</p> <p>Book Club at the Library (5.30 pm – 6.30 pm)</p>	<p><b>14</b> THU</p> <p>Live Piano Music Cabrino Fernandez at the Gym's Inn Bar (7.30 pm to 11.00 pm)</p>	<p><b>15</b> WED</p> <p>Live Piano Music at the Gym's Inn Bar: Auxilia (7.30 pm to 11.00 pm)</p>
<p><b>16</b> THU</p> <p>Live Piano Music at the Gym's Inn Bar: Mark Parakh (7.30 pm to 11.00 pm)</p>	<p><b>17</b> FIR</p> <p>DJ &amp; VDJ Music at the Gym's Inn Bar &amp; Dining Hall (9.00 pm – 1.00 am)</p>	<p><b>18</b> SAT</p> <p>Meet the Author (Children) in the Dining Hall (11.30 am – 12.30 pm)</p>	<p>DJ Music at the Gym's Inn Bar &amp; Dining Hall (9.00 pm – 1.00 am)</p>
<p><b>19</b> SUN</p> <p>Tata Mumbai Marathon</p> <hr/> <p>Live Piano Music: Cabrino (12.30 pm to 3.00 pm)</p>		<p><b>21</b> TUE</p> <p>Live Piano Music Cabrino Fernandez at the Gym's Inn Bar (7.30pm to 11.00 pm)</p>	<p><b>22</b> WED</p> <p>Meet the Author in the Dining Hall (5.30 pm – 6.30pm)</p> <hr/> <p>Live Piano Music at the Gym's Inn Bar: Auxilia (7.30 pm to 11.00 pm)</p>
<p><b>23</b> THU</p> <p>Live Piano Music at the Gym's Inn Bar: Mark Parakh (7.30 pm to 11.00 pm)</p>	<p><b>24</b> FRI</p> <p>DJ &amp; VDJ Music at the Gym's Inn Bar &amp; Dining Hall (9.00 pm – 1.00 am)</p>	<p><b>25</b> SAT</p> <p>DJ Music at the Gym's Inn Bar &amp; Dining Hall (9.00 pm – 1.00 am)</p>	<p><b>26</b> SUN</p> <p>Republic Day Special</p> <hr/> <p>Live Piano Music at the Gym's Inn Bar: Mark Parakh (12.30 pm – 3.00 pm)</p>

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

# MONTH AT A GLANCE



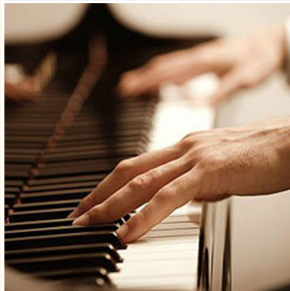
28 TUE

Live Piano Music  
Cabrino Fernandez at  
the Gym's Inn Bar  
(7.30 pm to 11.00 pm)



29 WED

Live Piano Music  
at the Gym's Inn  
Bar: Auxilia  
(7.30 pm to 11.00 pm)



30 THU

Live Piano Music  
at the Gym's Inn Bar:  
Mark Parakh  
(7.30 pm to 11.00 pm)



31 FIR

Film Screening  
at 1875 (5.30 pm onwards)

DJ & VDJ Music  
at the Gym's Inn Bar &  
Dining Hall  
(9.00 pm - 1.00 am)

**FEBRUARY**

Save these  
dates on your  
calendar now!



1 SAT

DJ Music  
at the Gym's Inn Bar &  
Dining Hall  
(9.00 pm - 1.00 am)

2 SUN

Live Piano Music  
at the Gym's Inn Bar:  
Mark Parakh  
(12.30 pm - 3.00 pm)  
  
Sizzler Food Festival  
(12:30 pm to 03:00 pm)



4 TUE

Live Piano Music  
Cabrino Fernandez at  
the Gym's Inn Bar  
(7.30 pm to 11.00 pm)

5 WED

Live Piano Music  
at the Gym's Inn  
Bar: Auxilia  
(7.30 pm to 11.00 pm)

6 THU

Live Piano Music  
at the Gym's Inn  
Bar: Mark Parakh  
(7.30 pm to 11.00 pm)

7 FIR

DJ & VDJ Music  
at the Gym's Inn Bar  
& Dining Hall  
(9.00 pm - 1.00 am)



8 SAT

DJ Music  
at the Gym's Inn Bar  
& Dining Hall  
(9.00 pm - 1.00 am)

9 SUN

Special Pan Asian  
Food Festival  
(12:00 pm to 03:00 pm)

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

## SPORTS DETAILS

### BADMINTON

Operational from 7.00 am to 8.30 pm (On all days of the week).

COACHING: Shuttle Craze Academy, Wed, 4.00 pm to 6.00 pm; Sat & Sun, 11.00 am to 1.00 pm.

Fees: Members: 2,000/- pm + GST; Members' Guest: 3,000/- pm + GST

#### Events

Gautam Thakkar Memorial Badminton Tournament scheduled from 21st to 24<sup>th</sup> January 2025.

### BILLIARDS & SNOOKER

Operational from 12.00 noon to 9.00 p.m. (On all days of the week).

### BRIDGE

Operational from 1.00 pm to 8.30 pm  
Bridge Pairs tournaments on 1st, 3<sup>rd</sup> & 5<sup>th</sup> Saturdays & All Tuesdays.

Contact Sports Office\* for other details.

#### Events

- Murli Deora Memorial Bridge Tournament – 07 January 2025.
- All India Ladies National Bridge Championship 2025 – 29<sup>th</sup> - 30<sup>th</sup> January 2025

### 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

### CRICKET

Day Night Matches: Tuesday/Thursday;  
Saturdays: Half day matches;  
Sunday: Full day matches.

Junior's Cricket Coaching by Rushikesh Mayekar, Tue to Fri, 4.00 pm to 6.00 pm (7 to 14 years age group).

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.

Tuesday to Friday: 4.00 pm – 6.00 pm

### UNISEX FITNESS CENTRE (UFC)

6.30 am – to 9.30 pm

Trainer services available "free of cost", subject to bookings.

### FUN FITNESS FOR KIDS

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 & Super Division Team Training -**  
Mon/Wed/Fri: 7.00 pm – 10.00 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)

U-15 and Women's Coaching: 5.00 pm – 8.00 pm

Contact Sports Office\* for registration.

### MAHJONG

Every Monday & Saturday, from 2:00 pm to 6:30 pm

Contact Sports Office\* for further details.

### 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 – 8.30 pm; Sunday & bank  
holidays: 8.00 am – 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:

Members: Beginners: ₹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.

#### Events

- In-house Rosenthal Squash tournament – 4<sup>th</sup> Jan 2025 onwards

### 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 - Members ₹5,539/- pm; Non-members ₹7,700/- pm
  - 3 times a week for 1 hour with fitness – Members ₹7,805/- pm; Non-members ₹8,800/- pm
  - 5 times a week for 1 hour without fitness – Members ₹10,274/- pm; Non-members ₹13,356/- pm
  - 5 times a week for 1 hour with fitness – Members ₹12,540/- pm; Non-members ₹16,302/- 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

#### **Kid's Swimming coaching program**

Beginners: Tue-Fri: 5.00 pm – 5.45 pm & Saturday: 4.00 pm – 4.45 pm

Pre-Advanced: Mon to Fri: 5.45 pm – 6.45 pm & Saturday: 4.45pm to 5.45 pm

(Duration: 12, 16, 20, 24 sessions a month for fees ₹3,000, ₹4,000, ₹5,000, ₹6,000/- pm + GST, respectively.)

#### **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.

### **HYBRID YOGA**

Hybrid Yoga Sessions on Mon/Wed/Fri: 8.15 am – 9.15 am at the Palm Court


Fees: Members: ₹750/- pm + GST; Member's Guest: ₹1,500/- pm + GST

Member's Guest attending physically: ₹2,500/- pm + GST Contact Sports Office\* for registration.

### **PADEL AT BOMBAY GYMKHANA**

Padel Court officially open for Members, booking to be done from Huddle App.

Court timings are from 7.00 am to 10.00 pm on all days.

*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