

MONTH AT A GLANCE

Happenings at the Gym

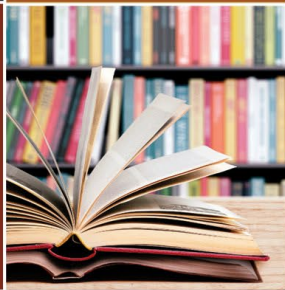
A look at what the Bombay Gym has lined up for you...

11 September to 10 October

SEPTEMBER Save these dates on your calendar now!	11 FRI DJ & VDJ Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am) Meet The Author Sanjiv Sarin in conversation with Sanjiv Mehta The Other Side Of The Mountain 1875 6 pm - 7 pm	12 SAT DJ Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am)	13 SUN Maharashtrian Thali Food Festival Dining Hall, Gym's Inn Bar, Verandah, The Café and Palm Court (12:00 noon - 3:00 pm)
Piano Recital Gym's Inn Bar (12:30 pm to 03:00 pm)	15 TUE Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)	16 WED Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)	17 THU Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)
18 FRI DJ Vishal Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am) Movie Night Dirty Rotten Scoundrels by Frank Oz 1875, 5.30 pm onwards	19 SAT DJ Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am)	20 SUN Street Food Festival Dining Hall, Gym's Inn Bar, Verandah, The Café and Palm Court (12:00 noon - 3:00 pm)	Mark Parakh (12:30 pm to 3:00 pm)
21 MON Book Club Maybe You Should Talk To Someone Lori Gottlieb Library 5.30 pm - 6.30 pm	22 TUE Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)		23 WED Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)
24 THU Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)	25 FRI DJ & VDJ Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am)	26 SAT DJ Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am)	27 SUN Italian Food Festival by The Café Dining Hall, Gym's Inn Bar, Verandah, The Café and Palm Court (12:00 noon - 3:00 pm) Piano Recital Gym's Inn Bar (12:30 pm to 3:00 pm)

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

MONTH AT A GLANCE

	29 TUE Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)	30 WED Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)	
OCTOBER Save these dates on your calendar now!	1 THU Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)	2 FRI DJ & VDJ Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am)	3 SAT DJ Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am)
4 SUN Bohri Food Festival Dining Hall, Gym's Inn Bar, Verandah, The Café and Palm Court (12:00 noon – 3:00 pm)		Piano Recital Gym's Inn Bar (12:30 pm to 3:00 pm)	
6 TUE Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)	7 WED Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)		8 THU Piano Recital Gym's Inn Bar (7:30 pm to 11:00 pm)
9 FRI One Empire Bar Nite Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am)		10 SAT DJ Gym's Inn Bar & Dining Hall (9:00 pm to 1:00 am)	

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SPORTS DETAILS

BADMINTON

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

COACHING: Shuttle Craze Academy,

Wed, 3.00 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

BILLIARD & SNOOKER

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

BRIDGE

Operational from 10.30 am to 7.30 pm
Member's tournament on 2nd & 4th Friday at Bridge Room
Open tournament every Tuesday – 2:15 pm to 5:30 pm at Dining Hall
Bridge Training for Beginners & Intermediate – 3 pm to 5:30 pm at Bridge Room

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

Cricket season closed due to Monsoons

BOMBAY GYMKHANA FITNESS CENTER (BGFC)

Newly renovated BGFC section open for Members from 6am to 10pm
Contact Sports Office* for more details.

FOOTBALL

Men's Elite & Super Division Team Training - 7.00 pm to 10:00 pm on Mon/Wed/Fri

Kids & Ladies Football Coaching

For children on Mon/Wed/Fri/ from 5.00 pm to 6.00 pm.
Charges: Members: 1,000/- pm + GST (U-7 to U-14),
Members: 2,200/- pm + GST (U-4),
Members' Guest: 3,000/- pm + GST (U-7 to U-14),
Members' Guest: 3,200/- pm + GST (U-4).
For U15 & Women's team, from 5.00 pm to 8.00 pm.
Contact Sports Office* for registration.

MAHJONG

Training program – Every Tuesday & Friday (11 am to 1 pm) at Bridge Room

Regular playing sessions: Monday to Saturday (excluding Thursday) 10:30 am to 1:00 pm
at Bridge Room & 2:00 pm to 6:00 pm in MPR 1
Sunday – 10.30 am to 6.00 pm at MPR 1
Contact Sports office for further details.

RUGBY

Rugby Team Training - 6.30 am to 9.00 am & 6.00 pm to 9.00 pm on Tue/Thu/Sat.
Start of New Rugby Season

SQUASH

Operational from Mon-Sat: 7.00 am to 8.30 pm; Sun & bank holidays: 8.00 am to 7.30 pm.

COACHING by Zest for Sports & More.

Tue to Fri, 2.30 pm to 5.30 pm, and Sat and Sun, 9.00 am to 1.00 pm

Fees for Members:

Beginners: 7,000/- pm + GST;
Intermediate: 9,500/- pm + GST;
Advance: 15,000/- pm + GST;
Advance 2 (Elite): 18,000/- pm + GST;

Fees for Guests:

Intermediate: 15,000/- pm + GST;
Advance: 18,000/- pm + GST;
Advance 2 (Elite): 25,000/- pm + GST

TENNIS & PADEL

Operational from 7.00 am to 9.30 pm on all days of the week.

Coaching by Professional Tennis Academy

Mon to Fri, 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 – 2,352/- pm
B – Beginners' batch – 5 times
a week for 1 hour each – 3,652/- pm
C – Mini Tennis batch (4 to 6 yrs.) – 3 times
a week for 1 hour each – 1,565/- pm
D – Juniors batch – Sat/Sun – 4,372/- pm
E – Adults batch – Sat/Sun – 4,190/- pm
F – Intermediate batch – 3 times
a week without fitness – 4,189/- pm
G – Intermediate batch – 3 times
a week with fitness – 6,846/- pm
H – Intermediate batch – 5 times
a week without fitness – 6983/- pm
I – Intermediate batch – 5 times
a week with fitness – 9,640/- pm
J – Advanced batch – 3 times a week
for 1 hour without fitness – Members – 5,539/- pm
/ Non – Members – 7,700/- pm
K – Advanced batch – 3 times a week

for 1 hour with fitness – Members – 7,805/- pm / Non – Members – 8,800/- pm
L – Advanced batch – 5 times a week for 1 hour without fitness – Members – 10,274/- pm / Non – Members – 13,356/- pm
M – Advanced batch – 5 times a week for 1 hour with fitness – Members – 12,540/- pm / Non-Members – 16,302/- pm
N – Advanced batch – 3 times a week for 1.5 hours – Members -12,430/- pm / Non-members – 13,230 /- pm
O – Advanced batch – 5 times a week for 1.5 hours – Members - 16,962/- pm
/ Non-Members – 22,051/- pm
P – Advanced batch playing members – 5 times a week for 1.5 hours – 25,757/- pm
Q – Super Advanced batch – 5 times a week for 2 hours – 22,061/- pm

PADEL COURT

Padel Court operational for Members, booking to be done from Huddle App.
Court timings are from 7.00 am to 11.00 pm on all days.

Coaching by RULOXPADEL
Monday to Saturday
Morning/Evening Slots available
Contact Sports Office* for more details.

SWIMMING

Operational from 6.30 am to 9.30 pm for members and children. Guests permitted all days of the week.

Kids' coaching by Vistasp Besania

Beginners Batch: Monday to Friday – 5:15 to 6:00 pm & Saturday – 4:00 to 4:45 pm
Pre-Advanced Batch: Monday to Friday – 6:00 to 7:00 pm & Saturday – 4:45 to 5:45 pm
Duration: 12 sessions per month – Fees: 3,000/- pm + GST per member.
16 sessions per month – Fees: 4,000/- pm + GST per member.
20 sessions per month – Fees: 5,000/- pm + GST per member.
24 sessions per month – Fees: 6,000/- pm + GST per member.

Competitive Coaching by Manoj Balekar

Batch: Monday to Friday – 4:45 to 6:15 pm
Fees: Monthly – Rs. 6000 + taxes per month

Aqua Aerobics by Snehal Bhal

Batch: Mon/Wed/Fri, from 8.00 am to 9.00 am.
Individual Sessions: Members - Rs. 575/- session.
2 sessions per week: Rs. 2,600/- per month.
3 Sessions per week: Rs. 3,850/- per month.
3 Sessions per week (3 months' commitment): Rs. 3,200/- per month.

Weekend Coaching by Vistasp Besania (Open for all ages)

Batch: Saturday and Sunday, from 9.30 to 10.30 am.
Duration: 8/10 sessions a month.

Fees:

Monthly – Rs. 2500 + taxes per month
4 session plan – Rs. 2100 + taxes per month
Per session – Rs. 500 + taxes per month
1-on-1 by Ravi Babar (45-minute slots)
Single Session 400 + taxes per month.
Shared Sessions: (Max 2 per session) 750 + taxes per month.
Single Session: Rs. 3200 + taxes per month.
Shared Session: 6000 + taxes per month, debited to single member account.

HYBRID YOGA

Hybrid Yoga Sessions on Mon/Wed/Fri from 8.15 am to 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.

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