

RBSC SPORTS CLASSES

SPORT CLASSES STARTING 2019

SECTION	DAY	TIME/PERIOD
BADMINTON		Private lesson upon arrangement / Sat.-Sun Group I 1:00pm – 3:00pm Group II 4:00pm – 6:00pm
BASKETBALL		Private / Group lesson upon arrangement
DANCESPORT Thai Folk Dance Line Dance Ballroom Dance Latin Fitness	Mon. Tue. Mon./Tue./Wed/Thu. Fri. Sat.	11:00am – 13:00pm 4:30pm – 6:30pm 2:00pm – 4:00pm 12:00am – 2:00pm 1:00pm – 2:00pm
GOLF Junior Programme (Max 4 – 6 students per hr)	Wed. Sat.	Group II 4:30pm – 5:30pm Group I 8:00am – 9:30am
MARTIAL ARTS Aikido Thai Boxing Class Tae Kwan Do	Tue./Thu./Sun. Wed. Sat.-Sun.	5:30pm/5:30pm/3:30pm 18:30-20:00pm 10.00-11.30am
PHYSICAL FITNESS Shape Up Piyo Battle Beat Kung Fu Battle Beat Danxercise Tai Chi Belly Dance Yoga Theraphy	Mon. Mon. Tue. Tue. Tue. Tue. Tue./Thu. Thu. Fri.	8:30am – 9:30am 9:45am – 10:45am 7:30am – 8:30am 9:30am – 11:00am 5:30pm – 6:30pm 6:30pm – 8:00pm 4:00pm – 5:30pm 6:30pm – 8:00pm 9:45am – 10:45am
QI GONG Yoga Class Qi Gong Singing	Tue. Mon. – Fri. Tue./Sat.	6:45am – 7:45am 6:45am–7:45am/2:00pm–3:00pm/5:15pm – 6:15pm 10:00am – 9:00pm Group/ Private lesson upon arrangement
SWIMMING Monthly Course	Mon. – Fri. Sat. & Sun. Mon. –Fri. Mon. –Fri Sat. -Sun.	Group I 3:30pm – 4:30pm Group II 4:30pm – 5:30pm Group III 5:30pm – 6:30pm Group IV 10:00am – 11:30am Group V 2:30pm – 4:00pm Group VI 4:30pm – 6:30pm Group VII 5:00pm – 7:00pm 8:00am – 10:00am
SQUASH		Private lesson upon arrangement
TABLE TENNIS		Private lesson upon arrangement
TENNIS Junior Tennis Lesson 14 Days (28 Hours) or 7 Days (14 Hours)	Sat. & Sun, Sat. or Sun.	8:00am – 10:00am Private lesson upon arrangement

FOR MORE INFORMATION

PLEASE CONTACT RBSC SPORT DIVISON

TEL : 0-2652-5000 EXT 300-313