CLUB S

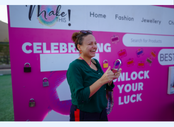
Hello Winter

CLUB S MONTHLY DIGEST

NOVEMBER RECAP

BAZZAR AT CLUB 5 WESTOWN

Some shots of the fabulous event that was full of amazing local brands, tasty food and non-stop fun



Internal **U8 tennis tournament** organized by Optimum Tennis

Artistic gymnastics competition

Judo Belt Exam

Footbal competition: National league 2013

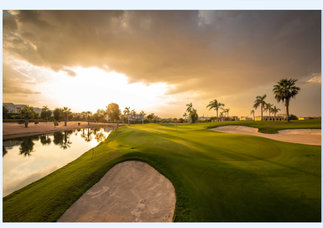
Padel Tournament

The Scuba Diving event

Our very first swimming stars assessment for our young swimmers at Club 5 Westown

DECEMBER DIGEST

12 MONTH



PJKoenig Golf Photography (Golf Photographer)

Patrick visited 9 Troon courses across the UAE and Egypt in the space of 10 days.

He went inside the Pyramids. He attended an Asian Tour event. He stood under the world's tallest building. He went on the world's longest zipline. He now loves Night Golf.

Team Allegria have been representing **The Allegria in the Egyptian Golf Federation League and the Troon Cup.** They won the Egypt Troon Cup 2022 vs Madinaty and one of the leading teams on league

SUMMER BODIES MADE IN WINTER

Are you demotivated in Winter, have low enthusiasm and low motivation?

This program will: Create and maintain muscle mass, tone up, lose fat and improve your cardio vascular fitness.

Join a very friendly community of like-minded individuals who will motivate you through your functional fitness journey.

5 days per week for 6 weeks / 15th November - 23rd of December

- ✅3 x Strength & conditioning (strength/hypertrophy/maintenance).
- ✅2 x Conditioning and Run club (toning/sculpting/cardio)
- ✅2 x Day off (Wednesday/Saturday)
- ✅ Sunday to Thursday at 8am and Friday at 10amBY COACH NETANI

.body//HACK: Fitness Education

STUDIO AT CLUB 5 FORTYWEST

Click here for Bodyhack schedule