

HAPPY NEW YEAR

2023

CLUB S MONTHLY DIGEST

CLUB S CELEBRATING CHRISTMAS



CHRISTMAS EVENT

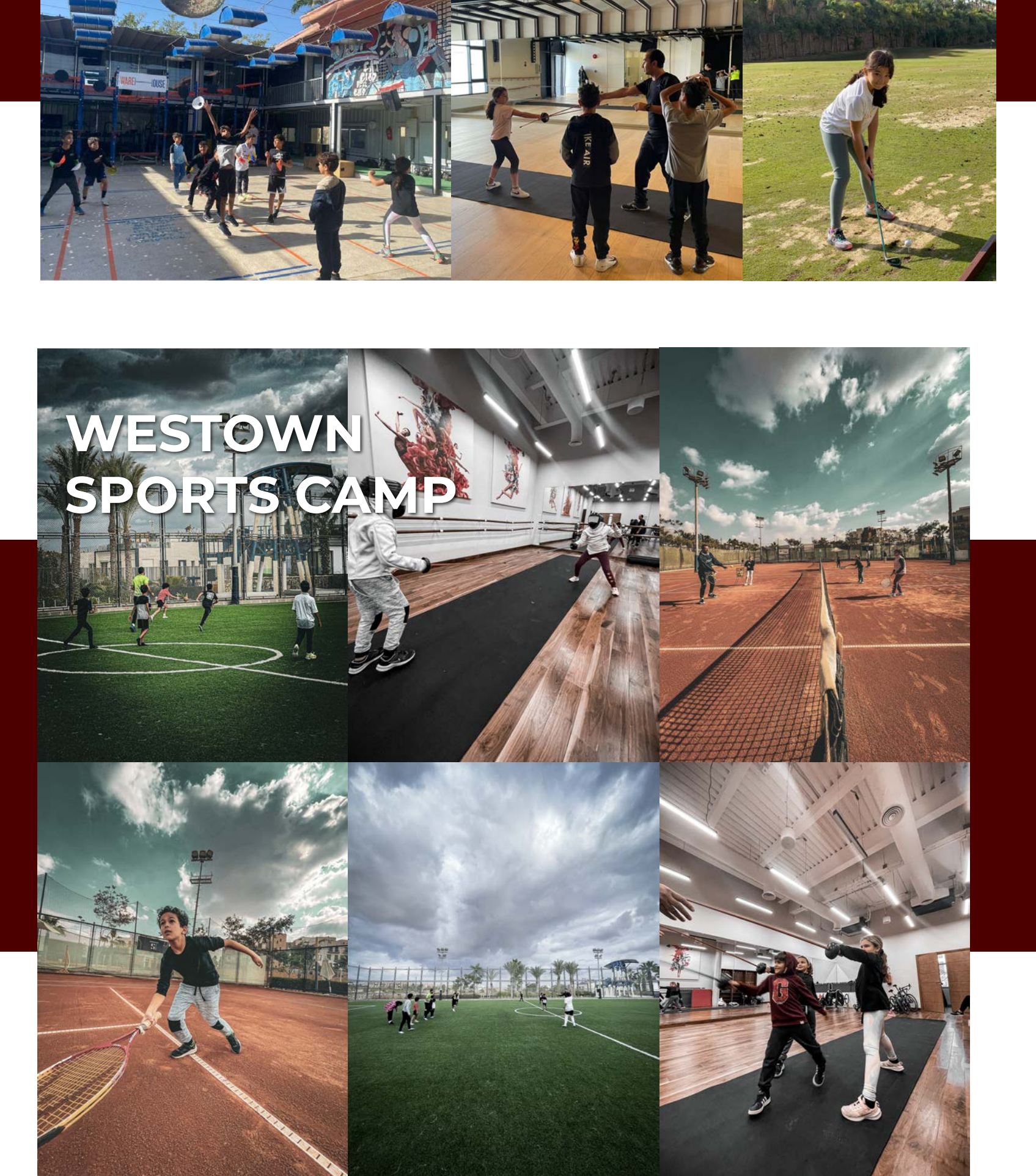


**Play2Learn**  
Nursery  
CLUB S ALLEGRIA

**Le Palmier**  
Mona CHACHE  
Ecole maternelle  
NURSERY AT CLUB S WESTOWN



The allegria



Congratulations

to our Artistic Gymnastics on winning the Egyptian national championship under 6 years old

Winners:  
Dima Amr Darwish  
Nadia Mahmud Samy  
Nabila Maha Nazmy  
Helana Micheal



ALLEGRIA SPORTS CAMP



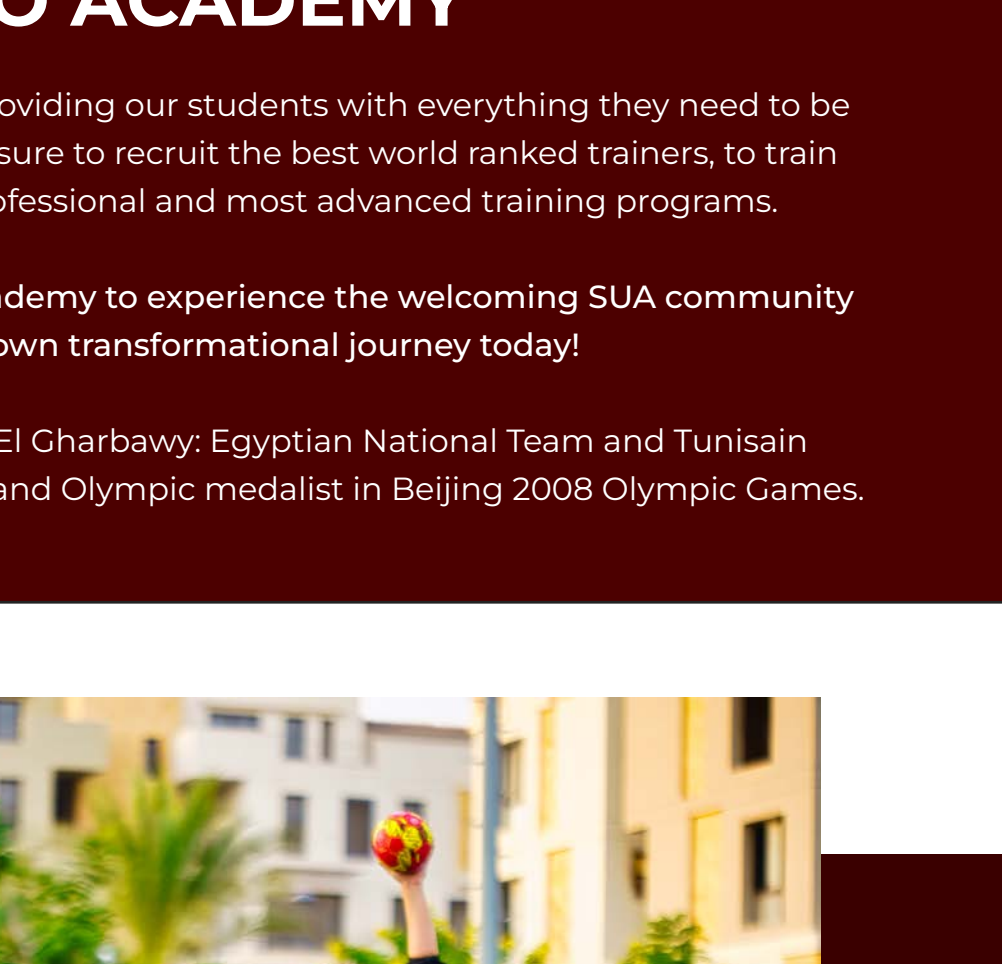
WESTOWN SPORTS CAMP



ON SKATE ACADEMY IS NOW AT WESTOWN

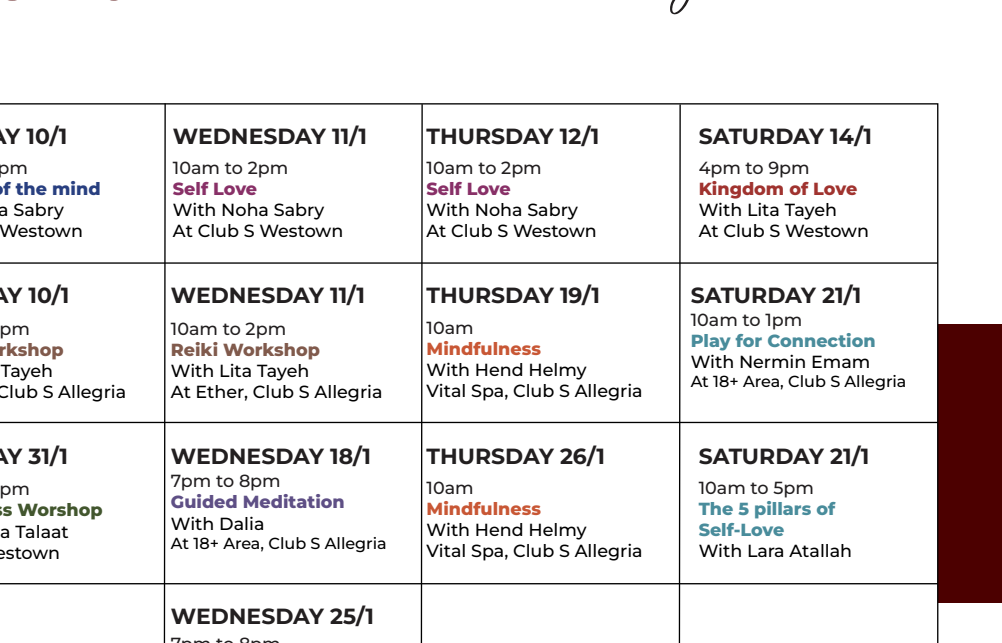
Every Saturday from 3pm to 4pm

For more info call +20 101 034 5165



Acrylic Painting FOR ADULTS

Monday 11pm to 2pm



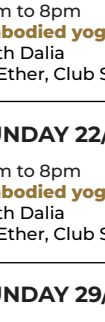
For bookings call: 01276233200

BlossOm  
YOUR CHILD'S FUTURE STEPS

NEGATIVE AND POSITIVE THOUGHTS WORKSHOP FOR KIDS

BY NADA HEBEISH

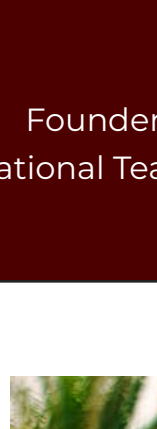
SAT, JAN 14TH  
3PM TO 4PM FOR AGES 5-8 YEARS  
4:30PM TO 6PM FOR AGES 9-12 YEARS  
AT ETHER - CLUB S ALLEGRIA



JANUARY WELLNESS WORKSHOPS

NOURISH your soul

<b>SUNDAY 8/1</b> 10am to 2pm Barriers of the mind With Noha Sabry At Club S Westown	<b>MONDAY 9/1</b> 10am to 3pm Enneagram Module 1 With Noha Taleat At Club S Westown	<b>TUESDAY 10/1</b> 10am to 2pm Barriers of the mind With Noha Sabry At Club S Westown	<b>WEDNESDAY 11/1</b> 10am to 2pm Self Love With Noha Sabry At Club S Westown	<b>THURSDAY 12/1</b> 10am to 2pm Self Love With Noha Sabry At Club S Westown	<b>SATURDAY 14/1</b> 4pm to 5pm Kingdom of Love With Lita Tayeh At Club S Westown
<b>SUNDAY 15/1</b> 7pm to 8pm Embodied yoga With Dalila At Ether, Club S Allegria	<b>MONDAY 16/1</b> 10am to 3pm Enneagram Module 1 With Noha Taleat At Club S Westown	<b>TUESDAY 20/1</b> 10am to 2pm Reiki Workshop With Lita Tayeh At Ether, Club S Allegria	<b>WEDNESDAY 21/1</b> 10am to 2pm Reiki Workshop With Lita Tayeh At Ether, Club S Allegria	<b>THURSDAY 19/1</b> 10am Mindfulness With Hend Helmy Vital Spa, Club S Allegria	<b>SATURDAY 21/1</b> 10am to 1pm Play For Connection With Nermin Emam At 18+ Area, Club S Allegria
<b>SUNDAY 22/1</b> 7pm to 8pm Embodied yoga With Dalila At Ether, Club S Allegria	<b>MONDAY 23/1</b> 10am to 3pm Enneagram Module 1 With Noha Taleat At Club S Westown	<b>TUESDAY 31/1</b> 10am to 2pm Happiness Workshop With Noha Taleat Club S Westown	<b>WEDNESDAY 18/1</b> 7pm to 8pm Guided Meditation With Dalila At 18+ Area, Club S Allegria	<b>THURSDAY 26/1</b> 10am Mindfulness With Hend Helmy Vital Spa, Club S Allegria	<b>SATURDAY 21/1</b> 10am to 5pm The 5 pillars of Self-Love With Lara Atallah
<b>SUNDAY 29/1</b> 7pm to 8pm Embodied yoga With Dalila At Ether, Club S Allegria	<b>MONDAY 30/1</b> 10am to 3pm Enneagram Module 1 With Noha Taleat At Club S Westown	<b>WEDNESDAY 25/1</b> 7pm to 8pm Guided Meditation With Dalila At 18+ Area, Club S Allegria			



JUDO ACADEMY



SUA is fueled by the mission of providing our students with everything they need to be world champions! At SUA we ensure to recruit the best world ranked trainers, to train our players with the most professional and most advanced training programs.

We invite you to swing by our academy to experience the welcoming SUA community and begin your own transformational journey today!

Founder of SUA: Coach Bassel El Gharbawy: Egyptian National Team and Tunisian National Team technical Director, and Olympic medalist in Beijing 2008 Olympic Games.



HANDBALL ACADEMY

Join Club S Handball Academy today and equip yourself with the essential skills and techniques to become a professional handball player, with the help of our top ex-national players & coaches!

At our academy, we teach fundamental personal skills beyond the court like time management, team building, leadership, and discipline!

SCHEDULES

**SPORTS**  
CLICK HERE

**STUDIO**  
CLICK HERE

HOTLINE

16220

We are now reachable on SODIC Hotline 16220 and we encourage all our members to transfer communication regarding all inquiries, requests, complaints or F&B events and reservations to the above number. You can also reach us on [www.sodicclubs.com/feedback](http://www.sodicclubs.com/feedback)

CLUB S ACADEMIES

All Club S Sports Academies are now only accessible to Club S members

To become a member now and for inquiries contact us on:  
01212832148 - 01212832154

CONTACT LIST

MEMBERSHIP OFFICE  
Club S Allegria: +20 127 623 2823  
Club S Westown: +20 121 283 2790  
Club S Eastown: +20 121 283 2750

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Club S Westown: +20 121 283 2971  
Club S Eastown: +20 127 623 2800

ART AND MUSIC: +20 127 623 3200

CELLBLOCK GYM AND STUDIO:  
+20 127 623 3294

WAREHOUSE: +20 121 283 1980

VITAL SPA: +20 127 623 3275

CLUB S DELIVERY: +20 127 623 2859

Or visit our website on <https://www.sodicclubs.com>

CLUB S MEMBERSHIP OFFICE HOURS

7:00AM TO 3:00PM

CLUB S EASTOWN: EVERYDAY EXCEPT TUESDAYS

LOCATION: The reception of the Club building

@CLUBSEGYP

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