SCHOLYMPICS

⏳ Schoolympics: Witness the Thrills of Competitive Sports! 🏅

Attention all sports enthusiasts! Get ready to witness the excitement and skill of young athletes as schools compete in the exhilarating Schoolympics. Join us at SODIC Sport's Club on November 11th to cheer on these talented students and be part of the fun atmosphere.

📅 Event Details:
🗓 Date: November 11th
⏰ Time: from 8am to 4pm
📍 Venue: SODIC Sports Club

✨ Event Highlights:

Thrilling Competitions: Experience the intensity of competitive sports as schools battle it out in various disciplines, showcasing their skills and teamwork. Support Your Favorite Schools: Cheer on your favorite schools and show your school spirit. Vibrant Atmosphere: Immerse yourself in the energetic ambience, filled with cheers, applause, and a strong sense of sportsmanship.

Support Future Champions: Encourage and inspire the next generation of athletes as they strive for excellence.

Get your FREE entrance ticket here:
https://www.sodicsclubs.com/events

JOIN US IN NOVEMBER!

ENNEAGRAM OF PERSONALITY DIPLOMA (MODULE 1)

AWAKEN THROUGH ENNEAGRAM PROGRAM BY DR/ KHALED EL SHERBINI

MAYADA MOUNIR

Dates:
November
21st & 28th
& December
5th & 12th
10am to 2pm

A Life-Changing Journey
with Mayada Mounir
To Register call: +201208 5960522

ART THERAPY & YOGA WORKSHOP

HAVE YOU BEEN FEELING ANXIOUS LATELY?

Feeling overwhelmed with juggling physically and mentally exhausted? Feeling disconnected from your own self, relationship, nature and humanity?

Join this workshop to find your balance.

Elisyana Magdeed & Ayo Sugiko will take you through a transformative journey that combines art, yoga, and inner self, emotionally, mentally and physically.

In this workshop, Elisyana will give a yoga class that focuses on the overall wellbeing. This will have some yoga breathing techniques followed by an easy-going yoga physical practice to release tension in the body. Ayo will then take you through a frequent instructor of relaxation. It works deep beneath the surface and its benefits emerge on the long term. Finally, Ayo will take you through a creative art class that introduced to ideas and exercises to connect with your inner self through different scenes, using different modes of media. (This doesn't require any artistic skills).

At the end of the workshop you will have a clearer understand of your self, and will be feeling relaxed by the workshop. It is never too late or too late.

Event Details:
Date: November 12, Time: 1:00 TO 3PM / Venue: Ecoverge, Club 5 Almaza

Register Now:
To reserve your spot at the Art Therapy & Yoga workshop, Contact us at +20 128 141 8008

SSC CHAMPIONS

RHYTHMIC GYMNASTICS GROUP

Congratulations to our exceptional Rhythmic Gymnastic stars under 6 and under 9 on their great performance at the Egypt Cup! 🥇
A big shoutout to our dedicated athletes and their Head Coach, Dervysa Hassan & Sarah Ismail.

UNDER 6
- Nada Marfy | Sherifa El-Adaui
- Ronda El-Ruby | Lyna Maaon
- Farida Ibar | Gabrielle Kamel

UNDER 9
- Malak Desouky | Jamila Tagoan
- Farida Ibrar

RHYTHMIC GYMNASTICS SOLO

Congratulations to our Rhythmic Gymnastics Team at Olympia Academy for their remarkable achievement in the Under-9 Egypt Cup Championship for Individual Competition! 🥇

EGYPT CUP CHAMPIONSHIP GOLD MEDALS

UNDER 9
- Lana Maaon | Farida Ibar | Chloe Naghi

ARTISTIC GYMNASTICS

Congratulations to our incredible artistic gymnastic stars for their outstanding victory at the Egypt's Cup! 🥇🥇🥇
Your hard work and dedication have truly paid off!
We are proud of your achievements and the gold medals you brought home!

WINNING GOLD MEDALS 🔥

- Jouf Ahmed Mahmoud Gonaa
- Nadiyah Ahmed Khalif Abdelaziz
- Nelly Awni Ali Matoud

Special thanks to our talented coaches as well!
- Captain: Amr Alaa
- Captain: Dalia Rabie

YOUR INCREDIBLE ACHIEVEMENTS AT THE EGYPT CUP MADE US INCREDIBLY PROUD!

ADVERTISMENT

CALLING ALL CLUB S MEMBERS WITH SMALL BUSINESSES!

WE WANT TO PROMOTE YOU! Each month, we will feature one member's business in our newsletter. Simply send us a few photos of your product or service, and we will dedicate a page to you and your business. Don't miss this fantastic opportunity to gain exposure and attract customers from fellow club members. Submit your business details now and get ready to shine in our monthly spotlight!

SEND US ON
INFO@SODICSCLUBS.COM

ACADEMIES SCHEDULE
CLICK HERE

STUDIO SCHEDULE
CLICK HERE

MONTHLY RECAP!

PATHWAYS TO SERENITY WORKSHOPS

Two very successful workshops where 52 members and their friends learned about the Pathways to Serenity.
The workshops took place at the 5-lounge and was facilitated by Noha Saleg.

THE ALLEGRIA AMATEUR OPEN 2023

MOULED AT SODIC SPORTS CLUB 2023

OUR MOULED CELEBRATION

IT WAS DEFINITELY ONE OF THE GREAT DAYS
THAT BROUGHT EVERYONE TOGETHER
LIKE NEVER BEFORE

HOTLINE

16220

We are now reachable on SODIC Hotline 16220 and encourage all our members to transfer calls to this number regarding all inquiries, requests, complaints or their wishes and dreams relating to the above number.

You can also reach us on **www.sodicsclubs.com/feedback**

CONTACT LIST

MEMBERSHIP OFFICE
Club 5 Almaza: +20 127 400 8235
NEWE Sports Club: +20 10 2461 2116
Club 5 Elgouna: +20 12 281 2750

SPORTS AREA
Club 5 Almaza: +20 127 400 8663
NEWE Sports Club: +20 10 2461 2116
Club 5 Elgouna: +20 12 281 2663

ART AND MUSIC: +20 127 400 3200

CELEBLOCK GYM AND STUDIO:
+20 127 400 3100

WAREHOUSE: +20 127 200 1180

VITAL BAR: +20 127 400 1275

TEMPO DELIVERY: +20 127 400 2899

CLUB 5 DELIVERY: +20 127 400 2899

CLUB 5 ACADEMIES

All SODIC Sports Club Academies are now only accessible to Club 5 members.

CLUB 5 MEMBERSHIP OFFICE HOURS

9:00AM TO 4:30PM.

CLUB 5 ALGERIA: EVERYDAY EXCEPT TUESDAYS
LOCATION: The main office of the membership department, located at the end of the club.

SODIC Sports Club: EVERYDAY EXCEPT MONDAYS
LOCATION: The glass office of the reception on the club building.

7:00AM TO 5:00PM
Club 5 Elgouna: EVERYDAY EXCEPT TUESDAYS
LOCATION: The reception of the club building

@CLUB5EGYPT

@CLUB5EGYPT