



# Gym Class Schedule 2026

| Time    | Monday               | Tuesday     | Wednesday | Thursday              | Friday                   | Saturday              |
|---------|----------------------|-------------|-----------|-----------------------|--------------------------|-----------------------|
| 07 – 08 | Body Weight Training | Boxing      |           | Boxing                |                          |                       |
| 08 – 09 |                      |             |           |                       |                          | Yoga<br>(+20,000 TZS) |
| 16 – 17 |                      | Body Toning |           | Body Weight Training  | Pilates<br>(+20,000 TZS) |                       |
| 18 – 19 |                      |             |           | Yoga<br>(+20,000 TZS) |                          |                       |

## Personal Trainer Availability

| Time    | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------|---------|-----------|----------|--------|----------|
| 07 – 12 | ☑      | ☑       |           | ☑        |        |          |
| 12 – 16 |        |         | ☑         |          | ☑      | ☑        |

- **Class Fees:** All classes are FREE for members besides Yoga and Pilates (+20,000 TZS per session)
- **Booking:** Yoga and Pilates must be booked at least one day in advance with the Gym Manager
- **Attendees** must be a member to participate
- **Siringit Villa** guests may use the gym and join sessions free of charge

*Enjoy!*



# Gym Membership Pricelist

| DURATION | SINGLE    | FAMILY (x4 pax) | COORPORATE/HOTEL* |
|----------|-----------|-----------------|-------------------|
| DAY PASS | 50,000    |                 |                   |
| 1 WEEK   | 100,000   |                 |                   |
| 1 MONTH  | 200,000   | 600,000         | 1,500,000         |
| 3 MONTHS |           |                 | 3,000,000         |
| 6 MONTHS | 1,080,000 | 3,240,000       | 5,000,000         |
| 1 YEAR   | 1,920,000 | 5,760,000       | 9,500,000         |

\*Group tariff for company staff and/or guests from other hotels • All Prices in Tanzanian Shillings

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## Contact

Gym Manager: Ashura Masoud

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## Stay Updated

on classes and new sessions

🗨️ Join the Siringit Gym

WhatsApp broadcast list

📷 @siringitgym

## Feedback

A feedback form is available in the gym. Siringit Gym is always looking to improve your experience.