



D I B CLUB

with MAADS

**& CREATIVE
PROACTIVE**

10H

\$50

**GET YOUR
1 HR COUPONS!**

To be used at your convenience,
for you, your kids or your significant other.



@TheDIBClub



DIBClub



www.dibclub.asia

Koh Pich Street, Near Golf Driving Range, Phnom Penh, Cambodia
gm@dibclub.asia | 099 997 740



D I B CLUB

NEW!

ACTIVITIES

@ DIB CLUB



CRAFT & DRAW



AQUA GYM



CAPOEIRA



ZUMBAFIT



YOGA



SWIMMING CLASSES

OUR NEW PROGRAM

OF ACTIVITIES IN & AROUND THE POOL

DIB CLUB now offers many ways to be creative and proactive
in the water or around our lush grounds, for kids and for
adults. Exercise, rejuvenate, learn...and get a break while
your little ones are busy in some art class nearby, too!



FOR GROWN-UPS

CREATIVE, PROACTIVE

join & get fitter



ZUMBAFIT

Move your body & build in rhythm with Claire.

\$6 per session

~~\$55~~ 10 entries

Tuesday **6:30>7:30pm**



CAPOEIRA

Shine & glide with the Afro-Brazilian mix of martial arts, dance & acrobatics. By Florian.

\$6 per session

~~\$55~~ 10 entries

Wednesday **6:30>7:30pm**



AQUA GYM

Aerobics in shallow or deep water, water jog and more with Alban's team.

\$6 per session

~~\$55~~ 10 entries

Wednesday **6:30>7:30pm**



YOGA

Vinyasa Flow sessions for beginners or advanced level with Chayleang or Srey Pov.

\$6 per session

~~\$55~~ 10 entries

Thursday **6:30>7:30pm**

KIDS

\$6 per session

~~\$55~~ 10 entries

Saturday **9>10am**



KIDS

\$6 per session

~~\$55~~ 10 entries

Wednesday **3>4pm**



FOR KIDS

HAVING A GREAT TIME!

make new friends & learn ~~about~~ new skills



CRAFT & DRAW

Art and theater instructor Amel leads workshops in artistic design, drawing and painting.

\$20 per session (minimum 2 hours)

~~\$55~~ 3 sessions

Saturday **1>3pm**



SWIMMING CLASSES

Be like a fish in the water after a few sessions with Alban, our swimming instructor.

\$6 per session

~~\$55~~ 10 entries

Saturday **9>10am**

Wednesday **4>5pm**

AND OUR NEW PLAYGROUND

AT ALL TIME!

