

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>8:30 - 9:15</b> AQUA SPRINT ROLAND		<b>8:30 - 9:15</b> AQUA STRENGTH ROLAND	<b>8:30 - 9:15</b> AQUA SPRINT ROLAND	
<b>9:00 - 9:50</b> AQUA STRENGTH ROLAND					<b>10:00 - 11:00</b> JIU-JITSU G 1 & G 2	
		<b>11:00 - 11:45</b> PRAMA ROLAND		<b>11:00 - 11:45</b> PRAMA RICHIE	<b>11:00 - 12:00</b> JIU-JITSU G 3	
					<b>11:00 - 11:45</b> PRAMA RICHIE	
	<b>13:30 - 14:15</b> PRAMA RICHIE		<b>13:30 - 14:15</b> PRAMA RICHIE			
<b>16:00 - 17:00</b> JIU-JITSU G 1	<b>16:00 - 17:00</b> MMA G 1	<b>16:00 - 17:00</b> JIU-JITSU G 1	<b>16:00 - 17:00</b> MMA G 1	<b>16:00 - 17:00</b> JIU-JITSU G 1		
<b>17:00 - 18:00</b> JIU-JITSU G 2	<b>17:00 - 18:00</b> MMA G 2	<b>17:00 - 18:00</b> JIU-JITSU G 2	<b>17:00 - 18:00</b> MMA G 2	<b>18:00 - 19:00</b> JIU-JITSU G 2		
<b>18:00 - 19:00</b> JIU-JITSU G 3	<b>18:00 - 19:00</b> MMA G 3	<b>18:00 - 19:00</b> JIU-JITSU G 3	<b>18:00 - 19:00</b> MMA G 3	<b>18:00 - 19:00</b> JIU-JITSU G 3		
<b>18:30 - 19:15</b> AQUA SPRINT RICHIE	<b>18:30 - 19:15</b> PRAMA RICHIE	<b>18:30 - 19:15</b> AQUA SPRINT RICHIE	<b>18:30 - 19:15</b> PRAMA RICHIE	<b>18:30 - 19:15</b> AQUA SPRINT RICHIE		
<b>19:00 - 20:00</b> JIU-JITSU ADULTS	<b>19:00 - 20:00</b> ADULTS NO - GI	<b>19:00 - 20:00</b> JIU-JITSU ADULTS	<b>19:00 - 20:00</b> ADULTS NO - GI	<b>19:00 - 20:00</b> JIU-JITSU ADULTS		

**AQUA SPRINT**

The latest revolutionary aqua exercise that's a high intensity workout but gentle on joints, burns calories and keeps you cool

**AQUA STRENGTH**

A circuit training program, utilizing the bikes and other equipment in order to combine strength, cardio and combat

**JIU-JITSU**

A martial art and combat sport based on ground fighting and submission holds

**PRAMA**

Interactive circuit training where movements are guided by markings on the floor, music and LED lights

**G 1**

For kids who are 3 y.o. to 6 y.o.

**G 2**

For kids who are 7 y.o. to 11 y.o.

**G 3**

For kids who are 12 y.o. to 17 y.o.

For class bookings and information, please call the Health Club reception at 04 457 3330. [Palm.Healthclub@Fairmont.com](mailto:Palm.Healthclub@Fairmont.com)

**CLASS PRICES:** MEMBERS AED 55 | NON MEMBERS AED 75 | **SPECIAL OFFER PACKAGE:** AED 400 (8 SESSIONS)