

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 - 9:15 SOUND BATH WITH TIBETAN SINGING BOWLS GIANNA	8:30 - 9:15 YOGA STRETCHING PRACHEE	8:30 - 9:15 AQUA SPRINT ROLAND	8:30 - 9:15 CALMING SOUND BATH WITH CRYSTAL BOWLS GIANNA	8:30 - 9:15 AQUA STRENGTH ROLAND	8:30 - 9:15 AQUA SPRINT ROLAND	8:30 - 9:15 AQUA STRENGTH ROLAND
		8:30 - 9:15 PRANAYAMA PRACHEE		8:30 - 9:15 YOGA FLOW PRACHEE		8:30 - 9:30 VINYASA FLOW PRACHEE
9:00 - 9:45 AQUA STRENGTH ROLAND	8:30 - 9:30 YIN YOGA WITH SOUND HEALING GIANNA	9:30 - 10:20 ZUMBA PRACHEE	9:00 - 10:00 HATHA YOGA PRACHEE	8:30 - 9:30 YIN YOGA WITH SOUND HEALING GIANNA	9:00 - 9:45 BALLET (2.5Yrs - 4Yrs)	9:30 - 10:15 ZUMBA PRACHEE
	9:30 - 10:20 ZUMBA PRACHEE			9:30 - 10:20 ZUMBA PRACHEE	9:45 - 10:30 BALLET (4Yrs - 6Yrs)	
					10:00 - 11:00 JIU-JITSU G 1 & G 2	
					10:30 - 11:30 BALLET (6Yrs - 9Yrs)	
		11:00 - 11:45 PRAMA ROLAND		11:00 - 11:45 PRAMA RICHIE	11:00 - 12:00 JIU-JITSU G 3	
					11:00 - 11:45 PRAMA RICHIE	
					11:30 - 12:30 BALLET (9Yrs +)	
	13:30 - 14:20 PRAMA RICHIE		13:30 - 14:20 PRAMA RICHIE		12:30 - 1:30 BALLET (Adults)	
16:00 - 17:00 JIU-JITSU G 1	16:00 - 17:00 MMA G 1	16:00 - 17:00 JIU-JITSU G 1	16:00 - 17:00 MMA G 1	16:00 - 17:00 JIU-JITSU G 1		
16:00 - 16:45 BALLET (2.5Yrs - 4Yrs)		16:00 - 16:45 BALLET (2.5Y - 4Y)				
16:45 - 17:30 BALLET (4Yrs - 6Yrs)		16:45 - 17:30 BALLET (4Yrs - 6Yrs)				
17:00 - 18:00 JIU-JITSU G 2	17:00 - 18:00 MMA G 2	17:00 - 18:00 JIU-JITSU G 2	17:00 - 18:00 MMA G 2	17:00 - 18:00 JIU-JITSU G 2		
17:30 - 18:30 BALLET (6Yrs - 9Yrs)		17:30 - 18:30 BALLET (6Yrs - 9Yrs)		18:00 - 19:00 SOUND BATH GIANNA		
18:00 - 19:00 JIU-JITSU G 3	18:00 - 19:00 MMA G 3	18:00 - 19:00 JIU-JITSU G 3	18:00 - 19:00 MMA G 3	18:00 - 19:00 JIU-JITSU G 3		
18:30 - 19:15 AQUA SPRINT RICHIE	18:30 - 19:15 PRAMA RICHIE	18:30 - 19:15 AQUA STRENGTH RICHIE	18:30 - 19:15 PRAMA RICHIE	18:30 - 19:15 AQUA SPRINT RICHIE		
18:30 - 19:30 BALLET (9Yrs +)	18:30 - 19:15 YOGA FLOW PRACHEE	18:30 - 19:30 BALLET (9Yrs +)	18:30 - 19:15 ZUMBA PRACHEE			
19:00 - 20:00 JIU-JITSU ADULTS	19:00 - 20:00 ADULTS NO - GI	19:00 - 20:00 JIU-JITSU ADULTS	19:00 - 20:00 ADULTS NO - GI	19:00 - 20:00 JIU-JITSU ADULTS		
19:30 - 20:30 BALLET (Adults)		19:30 - 20:30 BALLET (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

PRAMA

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

JIU-JITSU

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

YIN YOGA AND SOUND HEALING

Helps to alleviate pain and tension, relieve stress and anxiety and improve overall well-being. Sound healing uses sound waves and harmonic vibrations that affect the body through different tones and instruments, including the human voice

ZUMBA

Fitness program that combine Latin and International music with dance moves

YOGA STRETCHING

A guided group exercise that focuses on lengthening and loosening the body's muscle groups, through a variety of postures such as back bends and splits

SOUND BATH

A deeply relaxing, meditative experience which can take you on journey of deep relaxation, healing and self-discovery

YOGA FLOW

Yoga flow for Suryanamaskar (sun salutation) is one of the most important yoga practices. It is the set of 12 yoga poses which can be performed in a sequence while chanting 12 different mantras

PRANAYAMA

Yoga breathing technique that focuses on breath and an exercise for physical, mental wellness. It increases lung capacity, decreases stress, increases mindfulness and increases immunity

VINYASA YOGA

The sequential movement between postures, coordinated with and guided by deliberate breath

HATHA YOGA

A practice that involves yoga poses, yogic breathing techniques and meditation

BALLET

Dancing in which conventional poses and steps are combined with light flowing figures

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

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