

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			8:30 - 9:15 FIT FLOW JUANA	8:30 - 9:15 AQUA STRENGTH ROLAND	8:30 - 9:15 AQUA SPRINT ROLAND	8:30 - 9:15 AQUA STRENGTH ROLAND
10:30 - 11:15 AQUA STRENGTH ROLAND					10:00 - 11:00 JIU-JITSU G 1 & G 2	9:30 - 10:30 FIT FLOW JUANA
		11:00 - 11:45 PRAMA ROLAND				
	12:30 - 13:15 BEACH BOOTCAMP RICHIE		13:30 - 14:15 BEACH BOOTCAMP RICHIE		11:00 - 11:45 PRAMA ROLAND	
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		
16:30 - 17:30 WELLNESS KIDS JUANA	17:00 - 18:00 MMA G 2	16:30 - 17:30 WELLNESS KIDS JUANA		15:00 - 15:45 BEACH BOOTCAMP ROLAND	15:00 - 15:45 BEACH BOOTCAMP ROLAND	15:00 - 16:00 BHANGRA HARDEEP
17:00 - 18:00 JIU-JITSU 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	17:00 - 18:00 ZUMBA PRACHEE	
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		18:00 - 19:00 ZUMBA PRACHEE
18:00 - 19:00 BHANGRA HARDEEP	18:00 - 19:00 BHANGRA HARDEEP					
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 ZUMBA PRACHEE		18:30 - 19:15 PRAMA RICHIE
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		
			20:00 - 21:00 BHANGRA HARDEEP			

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

WELLNESS KIDS

Kids will explore different activities: movement, dancing, music, yoga, mindfulness and games

BEACH BOOTCAMP

Body weight excercises including core and flexibility WITH OUR COMPLIMENTS

ZUMBA

Fitness program that combine Latin and International music with dance moves

BHANGRA

Type of traditional folk dance of the indian subcontinent originating in the Majha area of Punjab

FIT FLOW

Fit Flow Fly combines aspects of toning and strengthening from fitness modalities like HIIT and calisthenics (FIT), fluid and constant movement from power vinyasa yoga (FLOW) and confidence building through inversion and arm balance training (FLY) to offer a well rounded effective workout for any type of practitioner

AVAILABLE FROM 13 FEB 2022

YOGA FLOW

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

AVAILABLE FROM 13 FEB 2022

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