

# Class Schedule February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00 - 08:00 SUNRISE YOGA MARINA	08:00 - 08:45 AQUASPIN™ PUNEET	07:00 - 08:00 YOGA MARINA		07:30 - 08:20 AQUAPOWER ROLAND	08:00 - 08:45 AQUASPIN™ ROLAND	08:00 - 08:45 AQUASPIN™ ROLAND
08:00 - 08:50 AQUAPOWER PUNEET			08:00 - 08:50 AQUAPOWER MOHAMED	08:30 - 09:30 FIT BOXING MEDDY	09:00 - 09:50 AQUAPOWER PUNEET	09:00 - 09:50 AQUAPOWER AAN
08:30 - 09:30 FIT BOXING MEDDY	09:00 - 09:50 AQUAPOWER PUNEET	08:00 - 08:45 AQUASPIN™ MOHAMED	09:00 - 9:45 AQUASPIN™ MOHAMED	09:00 - 09:50 AQUASPIN™ ROLAND	10:00 - 11:00 YOGA MARINA	
09:00 - 09:45 AQUASPIN™ PUNEET	09:30 - 10:30 YOGA MARINA	09:00 - 09:50 AQUABALANCE MARINA	09:30 - 10:30 YOGA MARINA		10:00 - 10:45 SPINNING ROLAND	
11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA ENERGY MOHAMED	11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA ENERGY RICHIE	11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA ENERGY AAN
						16:00 - 16:45 TEENAGE FIT PUNEET
18:30 - 19:15 PRAMA ENERGY MOHAMED	18:30 - 19:15 PRAMA STRENGTH-CARDIO ROLAND	18:30 - 19:15 PRAMA ENERGY RICHIE	18:30 - 19:15 PRAMA STRENGTH-CARDIO MOHAMED	18:30 - 19:15 AQUASPIN™ MOHAMED		18:30 - 19:15 PRAMA STRENGTH-CARDIO MOHAMED
19:00 - 19:50 AQUAENDURE AAN	19:00 - 19:45 AQUASPIN™ MOHAMED	18:30 - 19:20 AQUAPOWER AAN	19:00 - 19:45 AQUASPIN™ AAN	18:30 - 19:15 PRAMA STRENGTH-CARDIO RICHIE	18:30 - 19:20 AQUAPOWER AAN	18:30 - 19:20 AQUA BALANCE MARINA
19:00 - 20:00 YOGA MELANIE	19:00 - 19:45 SPINNING AAN	19:00 - 20:00 YOGA MELANIE	19:00 - 19:45 SPINNING ROLAND			

All classes/activities are mixed gender classes. For class bookings and information, please call the Health Club reception at 04 457 3330.

# Additional Information

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

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

**AquaEndure:** An endurance focused exercise.

**AquaBalance:** Is medium intensity Aquaspin™ format designed to improve body and mind connection through mobility, flexibility and meditation exercises.

**PRAMA Energy:** Is an exercise circuit inspired by the Functional Training concept with aim to inject a high fun factor and interactivity.

**PRAMA Strength:** Is a strength based training targeting all muscle groups to achieve fatigue and maximum toning with aim to develop aesthetic look.

**Yoga:** Hatha based flow class strengthening the body and mind, whilst improving flexibility and the connection to the breath.

**FitBoxing:** HIIT class involving Muay-Thai based kicks, punching techniques, body weight exercises focusing on endurance and fat burning.

**Spinning:** High intensity indoor cycling using stationary bikes with focus on endurance, strength and intervals.

**Meditation by Lee Whyberd:** Mindfulness Meditation class focused on breathing and sound healing.

- Schedule is subject to change based on attendance, instructor availability and weather conditions. We kindly request that you contact us to check and book in advance.
- Fitness and Wellness Classes: Members, Fairmont Residents, Hotel Guests - AED 55, Non-members - AED 85.  
FitBoxing: Members, Hotel Guests - AED 65; Fairmont Residents, Non-members AED 95.
- Meditation by Lee Whyberd: Members, Fairmont Residents, Hotel Guests, Non-members - AED 85.
- Series Sale (Fit boxing): AED 680 for Non-members and AED 480 for Members (valid for 8 sessions but inclusive of InBody Test and nutritional advise).  
Series Sale (Meditation): AED 390 for 5 sessions.
- All classes/activities are mixed gender classes. For class bookings and information, please call the Healthclub reception at 04 457 3330.
- All prices are in Dirhams and inclusive of a 7% municipality fee, a 10% service charge and a 5% VAT.