

Activity Schedule March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:15 SPINNING ROLAND	8:30 - 9:15 AQUA POWER PUNEET	10:00 - 10:45 AQUA BALANCE MARINA	8:30 - 9:15 SPINNING ROLAND	10:00 - 10:45 AQUA BALANCE MARINA	8:30 - 9:15 AQUASPIN SIGNATURE ROLAND	8:30 - 9:15 AQUA POWER ROLAND
8:30 - 9:15 AQUASPIN PUNEET						
	9:30 - 10:15 YOGA MARINA	8:00 - 8:45 HIIT PUNEET			10:00 - 11:00 YOGA MARINA	12:00 - 12:50 HIIT PUNEET
11:00 - 11:45 PRAMA RICHIE	11:00 - 11:45 PRAMA ROLAND		11:00 - 11:45 HIIT ROLAND	11:00 - 11:45 PRAMA ROLAND	11:00 - 11:45 PRAMA RICHIE	
				18:30 - 19:15 PRAMA RICHIE		
18:30 - 19:15 HIIT RICHIE	18:30 - 19:15 AQUASPIN SIGNATURE RICHIE	18:30 - 19:15 PRAMA ENERGY RICHIE	18:30 - 19:15 AQUASPIN SIGNATURE RICHIE	18:30 - 19:15 HIIT ROLAND	18:15 - 19:00 AQUASPIN PUNEET	18:15 - 19:05 AQUA POWER PUNEET

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

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

AQUA BALANCE: Medium intensity Aquaspin™ format designed to improve body and mind connection through mobility, flexibility and meditation exercises

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

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

For class bookings and information, please call the Health Club reception at 04 457 3330

CLASS PRICES: MEMBER AED 75 | NON MEMBER AED 120 | RESIDENTS AED 75 | SPECIAL OFFER PACKAGE: AED 425 (5 SESSIONS & 3 COMPLIMENTARY)