

Class Schedule 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	09:30 - 10:30 YOGA MARINA				10:00 - 11:00 YOGA MARINA	
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 ENERGY RICHIE	11:00 - 11:45 PRAMA STRENGTH-CARDIO ROLAND	11:00 - 11:45 PRAMA STRENGTH-CARDIO ROLAND	11:00 - 11:45 PRAMA ENERGY ROLAND
18:30 - 19:15 PRAMA ENERGY RICHIE	18:30 - 19:15 PRAMA STRENGTH-CARDIO RICHIE	18:30 - 19:15 PRAMA ENERGY RICHIE	18:30 - 19:15 PRAMA STRENGTH-CARDIO RICHIE	18:30 - 19:15 PRAMA STRENGTH-CARDIO ROLAND	18:30 - 19:15 PRAMA STRENGTH-CARDIO ROLAND	18:30 - 19:15 PRAMA STRENGTH-CARDIO ROLAND

Additional Information

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 the breath.

- 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.
- All prices are in Dirhams and inclusive of a 7% municipality fee, a 10% service charge and a 5% VAT.

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