



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30 - 9:15</b> AQUA SPIN ROLAND	<b>8:30 - 9:15</b> AQUA POWER ROLAND		<b>8:30 - 9:15</b> SPINNING ROLAND		<b>8:30 - 9:15</b> AQUASPIN SIGNATURE ROLAND	<b>8:30 - 9:15</b> AQUA POWER ROLAND
<b>8:00 - 8:45</b> TAI CHI COMING SOON	<b>9:30 - 10:30</b> YOGA MARINA	<b>10:00 - 10:45</b> AQUA BALANCE MARINA	<b>9:30 - 10:30</b> YOGA MARINA	<b>10:00 - 10:45</b> AQUA BALANCE MARINA	<b>10:00 - 11:00</b> YOGA MARINA	
<b>8:00 - 9:00</b> YOGA MARINA	<b>11:00 - 11:45</b> PRAMA ROLAND	<b>11:00 - 11:45</b> ZUMBA COMING SOON	<b>11:00 - 11:45</b> HIIT ROLAND	<b>11:00 - 11:45</b> PRAMA ROLAND	<b>11:00 - 11:45</b> PRAMA RICHIE	
<b>11:00 - 11:45</b> PRAMA RICHIE		<b>12:00 - 12:50</b> STRETCHING MARINA			<b>12:00 - 12:50</b> STRETCHING MARINA	
<b>18:30 - 19:15</b> HIIT RICHIE	<b>18:30 - 19:15</b> AQUASPIN SIGNATURE RICHIE	<b>18:30 - 19:15</b> PRAMA ENERGY RICHIE	<b>18:30 - 19:15</b> AQUASPIN SIGNATURE RICHIE	<b>18:30 - 19:15</b> PRAMA RICHIE		
<b>19:00 - 20:00</b> YOGA MARINA			<b>19:00 - 20:00</b> YOGA MARINA	<b>18:30 - 19:15</b> HIIT ROLAND		<b>19:00 - 20:00</b> FULL MOON YOGA COMING SOON

**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)