



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:15 AQUA SPIN PUNEET	7:00 - 8:00 YOGA MARIA	8:30 - 9:15 AQUA SPIN PUNEET	7:00 - 8:00 YOGA MARIA	7:00 - 8:00 YOGA MARIA	7:00 - 8:00 YOGA MARIA	
8:00 - 8:45 ZUMBA COMING SOON	8:30 - 9:15 AQUA POWER PUNEET		8:30 - 9:15 SPINNING ROLAND	8:30 - 9:15 AQUA POWER ROLAND	8:30 - 9:15 AQUASPIN SIGNATURE ROLAND	8:30 - 9:15 AQUA POWER ROLAND
8:30 - 9:15 INDOOR SPINNING ROLAND	9:30 - 10:30 YOGA MARIA		9:30 - 10:30 YOGA MARIA		10:00 - 11:00 YOGA MARIA	
11:00 - 11:45 PRAMA PUNEET	11:00 - 11:45 PRAMA ROLAND	11:00 - 11:45 ZUMBA COMING SOON	11:00 - 11:45 HIIT ROLAND	11:00 - 11:45 PRAMA ROLAND	11:00 - 11:45 PRAMA PUNEET	
						16:00 - 16:45 PRAMA PUNEET
18:30 - 19:15 PRAMA PUNEET	18:30 - 19:15 AQUASPIN SIGNATURE PUNEET	18:30 - 19:15 AQUAPOWER PUNEET		18:30 - 19:15 PRAMA PUNEET	18:15 - 19:00 AQUAPOWER PUNEET	18:15 - 19:00 AQUAPOWER PUNEET
	19:00 - 20:00 YOGA MARIA					



Fairmont The Palm



Th8 Palm



Riva Beach Club



Movenpick JLT

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)