



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30 - 9:15</b> AQUA STRENGTH ROLAND			<b>8:30 - 9:15</b> AQUA SPRINT ROLAND		<b>8:30 - 9:15</b> AQUA SPRINT ROLAND	<b>8:30 - 9:15</b> AQUA STRENGTH ROLAND
						<b>10:00 - 11:00</b> JIU-JITSU KIDS(ages 3-11)
	<b>11:00 - 11:45</b> PRAMA ROLAND		<b>11:00 - 11:45</b> PRAMA ROLAND		<b>11:00 - 11:45</b> PRAMA RICHIE	<b>11:00 - 12:00</b> JIU-JITSU KIDS(ages 12-17)
		<b>13:30 - 14:15</b> PRAMA RICHIE		<b>13:30 - 14:15</b> PRAMA RICHIE		
<b>16:00 - 17:00</b> JIU-JITSU KIDS(ages 3-6)	<b>16:00 - 17:00</b> JIU-JITSU KIDS(ages 3-6)	<b>16:00 - 17:00</b> JIU-JITSU KIDS(ages 3-6)	<b>16:00 - 17:00</b> JIU-JITSU KIDS(ages 3-6)	<b>16:00 - 17:00</b> JIU-JITSU KIDS(ages 3-6)		
<b>17:00 - 18:00</b> JIU-JITSU KIDS(ages 7-11)	<b>17:00 - 18:00</b> JIU-JITSU KIDS(ages 7-11)	<b>17:00 - 18:00</b> JIU-JITSU KIDS(ages 7-11)	<b>17:00 - 18:00</b> JIU-JITSU KIDS(ages 7-11)	<b>17:00 - 18:00</b> JIU-JITSU KIDS(ages 7-11)		
<b>18:00 - 19:00</b> JIU-JITSU KIDS(ages 12-17)	<b>18:00 - 19:00</b> JIU-JITSU KIDS(ages 12-17)	<b>18:00 - 19:00</b> JIU-JITSU KIDS(ages 12-17)	<b>18:00 - 19:00</b> JIU-JITSU KIDS(ages 12-17)	<b>18:00 - 19:00</b> JIU-JITSU KIDS(ages 12-17)		
<b>18:30 - 19:15</b> PRAMA RICHIE	<b>18:30 - 19:15</b> AQUA SPRINT RICHIE	<b>18:30 - 19:15</b> PRAMA RICHIE	<b>18:30 - 19:15</b> AQUA STRENGTH RICHIE	<b>18:30 - 19:15</b> PRAMA RICHIE	<b>18:30 - 19:15</b> AQUA SPRINT RICHIE	

Fairmont The Palm
  Th8 Palm
  Riva Beach Club
  Movenpick JLT

- AQUA SPRINT:** The latest revolutionary aqua exercise that's a high intensity workout but gentle on joints, burns calories and keeps you cool
- AQUA STRENGTH:** A circuit training program, utilizing the bikes and other equipment in order to combine strength, cardio and combat
- PRAMA:** Interactive circuit training where movements are guided by markings on the floor, music and LED lights
- SWIMMING LESSONS:** Please ask our Health Club reception for the private swimming lessons.

For class bookings and information, please call the Health Club reception at 04 457 3330  
**CLASS PRICES:** MEMBERS AED 55 | NON MEMBERS AED 75 | **SPECIAL OFFER PACKAGE:** AED 400 (8 SESSIONS)