



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:20 AQUA POWER ROLAND	8:30 - 9:15 AQUA SPIN PUNEET	8:30 - 9:20 AQUA POWER PUNEET	8:30 - 9:15 AQUA SPIN ROLAND		8:30 - 9:15 AQUA SPIN ROLAND	8:30 - 9:20 AQUA POWER ROLAND
	9:30 - 10:30 YOGA MARINA				10:00 - 11:00 YOGA MARINA	
	11:00 - 11:45 PRAMA ROLAND		11:00 - 11:45 PRAMA ROLAND	11:00 - 11:45 PRAMA ROLAND	11:00 - 11:45 PRAMA RICHIE	
		13:30 - 14:15 PRAMA RICHIE		13:30 - 14:15 PRAMA RICHIE		12:00 - 13:00 JUJITSU
16:00 - 17:00 JUJITSU KIDS(ages 3-6)	16:00 - 17:00 JUJITSU KIDS(ages 3-6)	16:00 - 17:00 JUJITSU KIDS(ages 3-6)	16:00 - 17:00 JUJITSU KIDS(ages 3-6)	16:00 - 17:00 JUJITSU KIDS(ages 3-6)		13:00 - 14:00 JUJITSU KIDS
17:00 - 18:00 JUJITSU KIDS(ages 7-11)	17:00 - 18:00 JUJITSU KIDS(ages 7-11)	17:00 - 18:00 JUJITSU KIDS(ages 7-11)	17:00 - 18:00 JUJITSU KIDS(ages 7-11)	17:00 - 18:00 JUJITSU KIDS(ages 7-11)		
18:00 - 19:00 JUJITSU KIDS(ages 12-17)	18:00 - 19:00 JUJITSU KIDS(ages 12-17)	18:00 - 19:00 JUJITSU KIDS(ages 12-17)	18:00 - 19:00 JUJITSU KIDS(ages 12-17)	18:00 - 19:00 JUJITSU KIDS(ages 12-17)		
19:00 - 20:00 JUJITSU KIDS(ages 12-17)	19:00 - 20:00 JUJITSU KIDS(ages 12-17)	19:00 - 20:00 JUJITSU KIDS(ages 12-17)	19:00 - 20:00 JUJITSU KIDS(ages 12-17)	19:00 - 20:00 JUJITSU KIDS(ages 12-17)		
18:30 - 19:15 PRAMA RICHIE	18:30 - 19:15 AQUASPIN RICHIE	18:30 - 19:15 PRAMA RICHIE	18:30 - 19:15 AQUA POWER RICHIE	18:30 - 19:15 PRAMA RICHIE	18:30 - 19:00 AQUASPIN RICHIE	18:30 - 19:20 AQUA POWER PUNEET



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)