



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:15 AQUA SPIN PUNEET	7:00 - 8:00 YOGA MARINA		7:00 - 8:00 YOGA MARINA (from 25 th of May)	7:00 - 8:00 YOGA MARINA	7:00 - 8:00 YOGA MARINA (from 25 th of May)	
8:30 - 9:15 SPINNING ROLAND	8:30 - 9:15 AQUA POWER ROLAND		8:30 - 9:15 SPINNING ROLAND		8:30 - 9:15 AQUASPIN SIGNATURE ROLAND	8:30 - 9:15 AQUA POWER ROLAND
8:00 - 8:45 TAI CHI COMING SOON	9:30 - 10:30 YOGA MARINA	10:00 - 10:45 AQUA BALANCE MARINA	9:30 - 10:30 YOGA MARINA	10:00 - 10:45 AQUA BALANCE MARINA	10:00 - 11:00 YOGA MARINA	
8:00 - 9:00 YOGA OUTDOOR MARINA	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 RICHIE	
11:00 - 11:45 PRAMA RICHIE	13:00 - 13:50 STRETCHING MARINA	12:00 - 12:50 STRETCHING MARINA			12:00 - 12:50 STRETCHING MARINA	16:00 - 16:45 PRAMA PUNEET
18:30 - 19:15 HIIT RICHIE	18:30 - 19:15 AQUASPIN RICHIE	18:30 - 19:15 PRAMA ENERGY RICHIE	18:30 - 19:15 AQUASPIN RICHIE	18:30 - 19:15 PRAMA RICHIE		18:15 - 19:00 AQUAPOWER PUNEET
19:00 - 20:00 YOGA MARINA	19:00 - 20:00 YOGA MARINA		19:00 - 20:00 YOGA MARINA	18:30 - 19:15 HIIT ROLAND	18:15 - 19:00 AQUASPIN PUNEET	19:00 - 20:00 FULL MOON YOGA COMING SOON



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)