



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30 - 9:30 YOGA STRETCHING PRACHEE	8:30 - 9:15 AQUA SPRINT ROLAND	8:30 - 9:15 SOUND HEALING JESSICA	8:30 - 9:15 AQUA STRENGTH ROLAND	8:30 - 9:15 AQUA SPRINT ROLAND	8:30 - 9:15 AQUA STRENGTH ROLAND
	9:30 - 10:15 ZUMBA PRACHEE		9:30 - 10:30 HATHA YOGA PRACHEE	9:00 - 10:00 YOGA FLOW PRACHEE	8:30 - 9:20 PRANAYAMA PRACHEE	8:30 - 9:30 VINYASA FLOW PRACHEE
					9:30 - 10:15 ZUMBA PRACHEE	9:30 - 10:15 ZUMBA PRACHEE
10:30 - 11:15 AQUA STRENGTH ROLAND		11:00 - 11:45 PRAMA ROLAND			10:00 - 11:00 JIU-JITSU G 1 & G 2	
					11:00 - 12:00 JIU-JITSU G 3	
	13:30 - 14:15 PRAMA RICHIE		13:30 - 14:15 PRAMA RICHIE			
16:00 - 17:00 JIU-JITSU G 1	16:00 - 17:00 MMA G 1	16:00 - 17:00 JIU-JITSU G 1	16:00 - 17:00 MMA G 1	16:00 - 17:00 JIU-JITSU G 1		
						15:00 - 16:00 BHANGRA FITNESS KARAN
17:00 - 18:00 JIU-JITSU G 2	17:00 - 18:00 MMA G 2	17:00 - 18:00 JIU-JITSU G 2	17:00 - 18:00 MMA G 2	18:00 - 19:00 JIU-JITSU G 2		
18:00 - 19:00 JIU-JITSU G 3	18:00 - 19:00 MMA G 3	18:00 - 19:00 JIU-JITSU G 3	18:00 - 19:00 MMA G 3	18:00 - 19:00 JIU-JITSU G 3		
18:00 - 19:00 BHANGRA FITNESS KARAN				18:30 - 19:15 ZUMBA PRACHEE	18:30 - 19:15 AQUA STRENGTH RICHIE	
18:30 - 19:15 AQUA SPRINT RICHIE	18:30 - 19:15 PRAMA RICHIE	18:30 - 19:15 AQUA STRENGTH RICHIE	18:30 - 19:15 PRAMA RICHIE			18:30 - 19:15 PRAMA RICHIE
19:00 - 20:00 JIU-JITSU ADULTS	19:00 - 20:00 ADULTS NO - GI	19:00 - 20:00 JIU-JITSU ADULTS	19:00 - 20:00 ADULTS NO - GI	19:00 - 20:00 JIU-JITSU ADULTS		
	20:00 - 21:00 BHANGRA FITNESS KARAN		20:00 - 21:00 BHANGRA FITNESS KARAN			

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

JIU-JITSU

A martial art and combat sport based on ground fighting and submission holds

SOUND HEALING

Sound healing is an ancient meditative practice that uses different musical implements to create healing vibrations around the body in a meditative state

ZUMBA

Fitness program that combine Latin and International music with dance moves

BHANGRA FITNESS

Type of traditional folk dance of the Indian subcontinent originating in the Majha area of Punjab

VINYASA YOGA

The sequential movement between postures, coordinated with and guided

FUNCTIONAL COMBAT

A Unique HIIT workout format combining functional and combat moves done to some great music

YOGA FLOW

Yoga flow for Suryanamaskar (sun salutation) is one of the most important yoga practices. It is the set of 12 yoga poses which can be performed in a sequence while chanting 12 different mantras

PRANAYAMA

Yoga breathing technique that focuses on breath and an exercise for physical, mental wellness. It increases lung capacity, decreases stress, increases mindfulness and increases immunity

YOGA STRETCHING

A guided group exercise that focuses on lengthening and loosening the body's muscle groups, through a variety of postures such as back bends and splits

YOGA HATHA

A practice that involves yoga poses, yogic breathing techniques and meditation

G 1

For kids who are 3 y.o. to 6 y.o.

G 2

For kids who are 7 y.o. to 11 y.o.

G 3

For kids who are 12 y.o. to 17 y.o.

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