



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:20 AQUA POWER ROLAND		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 MARIIA				10:00 - 11:00 YOGA MARIIA	
	11:00 - 11:45 PRAMA ROLAND		11:00 - 11:45 PRAMA ROLAND	11:00 - 11:45 PRAMA ROLAND	11:00 - 11:45 PRAMA PUNEET	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 PUNEET	18:30 - 19:15 AQUA SPIN PUNEET	18:30 - 19:15 PRAMA RICHE		18:30 - 19:15 AQUA SPIN PUNEET	18:30 - 19:00 AQUA SPIN PUNEET	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

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

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: MEMBER AED 75 | NON MEMBER AED 120 | RESIDENTS AED 75 | **SPECIAL OFFER PACKAGE:** AED 425 (5 SESSIONS & 3 COMPLIMENTARY)