



| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|--|--|--|--|--|
| <b>8:00 - 9:00</b><br><b>YOGA OUTDOOR</b><br><b>MARINA</b>   | <b>7:00 - 8:00</b><br><b>YOGA</b><br><b>MARINA</b>         |  |  |  | <b>7:00 - 8:00</b><br><b>YOGA</b><br><b>MARINA</b>       |  |
| <b>10:00 - 10:45</b><br><b>AQUA BALANCE</b><br><b>MARINA</b> | <b>8:30 - 9:15</b><br><b>AQUA SPIN</b><br><b>PUNEET</b>    | <b>10:00 - 10:45</b><br><b>AQUA BALANCE</b><br><b>MARINA</b> | <b>9:30 - 10:30</b><br><b>YOGA</b><br><b>MARINA</b>        | <b>8:30 - 9:20</b><br><b>AQUA POWER</b><br><b>PUNEET</b> | <b>8:30 - 9:15</b><br><b>AQUASPIN</b><br><b>PUNEET</b>   | <b>8:30 - 9:20</b><br><b>AQUA POWER</b><br><b>PUNEET</b>     |
|  | <b>9:30 - 10:30</b><br><b>YOGA</b><br><b>MARINA</b>        | <b>12:00 - 12:45</b><br><b>STRETCHING</b><br><b>MARINA</b>   |  |  | <b>10:00 - 11:00</b><br><b>YOGA</b><br><b>MARINA</b>     |  |
|  | <b>13:00 - 13:45</b><br><b>STRETCHING</b><br><b>MARINA</b> | <b>13:30 - 14:15</b><br><b>PRAMA</b><br><b>RICHIE</b>        |  | <b>13:30 - 14:15</b><br><b>PRAMA</b><br><b>RICHIE</b>    | <b>11:00 - 11:45</b><br><b>PRAMA</b><br><b>RICHIE</b>    | <b>12:00 - 12:45</b><br><b>STRETCHING</b><br><b>MARINA</b>   |
| <b>18:30 - 19:15</b><br><b>PRAMA</b><br><b>RICHIE</b>        | <b>18:30 - 19:15</b><br><b>AQUASPIN</b><br><b>RICHIE</b>   | <b>18:30 - 19:15</b><br><b>PRAMA</b><br><b>RICHIE</b>        | <b>18:30 - 19:15</b><br><b>AQUA POWER</b><br><b>RICHIE</b> | <b>18:30 - 19:15</b><br><b>PRAMA</b><br><b>RICHIE</b>    | <b>18:15 - 19:00</b><br><b>AQUASPIN</b><br><b>RICHIE</b> | <b>18:15 - 19:00</b><br><b>AQUA BALANCE</b><br><b>MARINA</b> |
|  |  |  | <b>19:00 - 20:00</b><br><b>YOGA</b><br><b>MARINA</b>       |  |  |  |



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)