

GROUP EXERCISE TIMETABLE FOR RAMADAN 2026

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CLUB OPENING HOURS:
 Monday - Friday: 7:00 AM – 12:00 AM
 Saturday & Sunday: 7:00 AM – 10:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00 – 8:00 AM I AM Strength Class FAISAL CrossFit Area			
				4:00 – 5:00 PM I AM Pilates Class SUE Studio 2	8:30 – 9:30 AM I AM Strength Class FAISAL CrossFit Area	11:00 – 12:00 PM I AM Functional Training – Circuit Class FAISAL CrossFit Area
5:00 – 6:00 PM I AM Functional Training – Circuit Class ANDREW CrossFit Area	6:00 – 7:00 PM I AM Strength Class FAISAL CrossFit Area	4:00 – 5:00 PM Belly Dance LADIES ONLY LEYLA Studio 2	5:00 – 6:00 PM I AM Pilates Class SUE Studio 2	4:30 – 5:30 PM Indoor Cycling Class AHMED Spin Studio		
	7:00 – 8:00 PM I AM Pilates Class LADIES ONLY SUE Studio 2	5:00 – 6:00 PM I AM Functional Training – Circuit Class ANDREW CrossFit Area	7:00 – 8:00 PM Zumba LADIES ONLY ARDIANA Studio 2	5:00 – 6:00 PM I AM Functional Training – Circuit Class ANDREW CrossFit Area		
					9:00 AM-5:30 PM Turning Pointe Studio 2	09:00 AM-2:45 PM Turning Pointe Studio 2
5:00 PM Kids/Teens 6:30 PM Adults Kick Boxing Class DARKO Boxing Studio			5:00 PM Kids/Teens 6:30 PM Adults Kick Boxing Class DARKO Boxing Studio			11:00 AM Kids/Teens 12:30 PM Adults Kick Boxing Class DARKO Boxing Studio
	4:00 – 5:00 PM Kids/Teens Shotokan Karate ABDULRAHMAN Boxing Studio					4:00 – 5:00 PM Kids/Teens Shotokan Karate ABDULRAHMAN Boxing Studio

Class Intensity	
Low Intensity	
Medium Intensity	
High Intensity	

CLASS RATES

<p>**Kickboxing</p> <table> <thead> <tr> <th></th> <th>Member Rate</th> <th>Non-Member</th> </tr> </thead> <tbody> <tr> <td>Private Single Session:</td> <td>AED 295</td> <td>AED 350</td> </tr> <tr> <td>Private 10 Session:</td> <td>AED 2800</td> <td>AED 3350</td> </tr> <tr> <td>Group 12 Session Adults:</td> <td colspan="2">AED 1000</td> </tr> <tr> <td>Group 12 Session Kids/Teens:</td> <td colspan="2">AED 800</td> </tr> </tbody> </table> <p>**Small Group Personal Training</p> <table> <thead> <tr> <th></th> <th>Member Rate</th> <th>Non-Member</th> </tr> </thead> <tbody> <tr> <td>1 Session:</td> <td>AED 175</td> <td>AED 250</td> </tr> <tr> <td>6 Sessions:</td> <td>AED 900</td> <td>AED 1200</td> </tr> <tr> <td>12 Sessions:</td> <td>AED 1500</td> <td>AED 2150</td> </tr> <tr> <td>16 Sessions:</td> <td>AED 1700</td> <td>AED 2450</td> </tr> </tbody> </table>		Member Rate	Non-Member	Private Single Session:	AED 295	AED 350	Private 10 Session:	AED 2800	AED 3350	Group 12 Session Adults:	AED 1000		Group 12 Session Kids/Teens:	AED 800			Member Rate	Non-Member	1 Session:	AED 175	AED 250	6 Sessions:	AED 900	AED 1200	12 Sessions:	AED 1500	AED 2150	16 Sessions:	AED 1700	AED 2450	<p>**Fitness Group Classes</p> <table> <tbody> <tr> <td>Group Single Session:</td> <td>AED 160</td> </tr> <tr> <td>Group 10 Sessions:</td> <td>AED 1300</td> </tr> </tbody> </table>	Group Single Session:	AED 160	Group 10 Sessions:	AED 1300
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***All highlighted classes are FREE for members

***BOXING STUDIO - Ground Floor, SPIN STUDIO - Ground Floor
 STUDIO 2 - Ground Floor, CROSSFIT – Ground Floor