

# GROUP EXERCISE TIMETABLE FOR MAY 2026

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**CLUB OPENING HOURS:**

Monday - Friday: 6:00 AM – 11:00 PM  
 Saturday & Sunday: 6:00 AM – 9:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:00 AM – 8:00 AM</b> I AM Pilates Class SUE <b>Studio 2</b>		<b>7:00 AM – 8:00 AM</b> I AM Pilates Class SUE <b>Studio 2</b>				
				<b>5:00 PM – 6:00 PM</b> I AM Functional Training – Circuit Class PAWEL <b>CrossFit Area</b>	<b>8:30 AM-9:30 AM</b> I AM Strength Class FAISAL <b>CrossFit Area</b>	<b>11:00 AM-12:00 PM</b> I AM Functional Training – Circuit Class FAISAL <b>CrossFit Area</b>
<b>7:00 PM – 8:00 PM</b> I AM Functional Training – Circuit Class ANDREW <b>CrossFit Area</b>	<b>6:00 PM – 7:00 PM</b> I AM Strength Class FAISAL <b>CrossFit Area</b>	<b>6:00 PM– 7:00 PM</b> Belly Dance <b>LADIES ONLY</b> MELANY <b>Studio 2</b>	<b>6:00 PM – 7:00 PM</b> I AM Pilates Class SUE <b>Studio 2</b>	<b>6:45 PM–7:45 PM</b> Indoor Cycling Class AHMED <b>Spin Studio</b>	<b>12:00 PM-1:00 PM</b> I AM Conditioning Boxing Class PAWEL <b>Boxing Studio</b>	
	<b>7:00 PM – 8:00 PM</b> I AM Pilates Class SUE <b>Studio 2</b>	<b>7:00 PM – 8:00 PM</b> I AM Functional Training – Circuit Class ANDREW <b>CrossFit Area</b>	<b>7:00 PM – 8:00 PM</b> Zumba <b>LADIES ONLY</b> ARDIANA <b>Studio 2</b>			
					<b>9:00AM-2:45 PM</b> Turning Pointe <b>Studio 2</b>	<b>09:00AM–2:00 PM</b> Turning Pointe <b>Studio 2</b>
<b>5:00 PM</b> Kids/Teens <b>6:30 PM</b> Adults Kick Boxing Class DARKO <b>Boxing Studio</b>			<b>5:00 PM</b> Kids/Teens <b>6:30 PM</b> Adults Kick Boxing Class DARKO <b>Boxing Studio</b>			<b>11:00 AM</b> Kids/Teens <b>12:30 PM</b> Adults Kick Boxing Class DARKO <b>Boxing Studio</b>
	<b>6:00–7:00 PM</b> Kids/Teens Shotokan Karate ABDULRAHMAN <b>Boxing Studio</b>					<b>5:00–6:00 PM</b> Kids/Teens <b>6:00–7:00 PM</b> Advance Shotokan Karate ABDULRAHMAN <b>Boxing Studio</b>

Class Intensity	
Low Intensity	
Medium Intensity	
High Intensity	

## CLASS RATES

<p><b>**Kickboxing</b></p> <p>Private Single Session:           <b>Member Rate</b>   <b>Non-Member</b>                      AED 295                           AED350                      Private 10 Session:               AED 2800           AED 3350</p> <p>Group 12 Session Adults:                           AED 1000                      Group 12 Session Kids/Teens:                   AED 800</p> <p><b>**Small Group Personal Training</b></p> <p>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>	<p><b>**Fitness Group Classes</b></p> <p>Group Single Session:                           AED 160                      Group 10 Sessions:                               AED 1300</p>
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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**