

GROUP EXERCISE TIMETABLE FOR JULY 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
		7:00 AM – 8:00 AM I AM Pilates Class SUE Studio 2				
6:00 PM – 7:00 PM Belly Dance LADIES ONLY MELANY Studio 2			6:00 PM – 7:00 PM I AM Pilates Class SUE Studio 2	5:30 PM – 6:30 PM I AM Functional Training – Circuit Class PAWEL CrossFit Area	8:00 AM-9:00 AM I AM Strength Class FAISAL CrossFit Area	11:00 AM-12:00 PM I AM Functional Training – Circuit Class FAISAL CrossFit Area
7:00 PM – 8:00 PM I AM Functional Training – Circuit Class ANDREW CrossFit Area	6:00 PM – 7:00 PM Zumba LADIES ONLY NENA Studio 2	6:00 PM – 7:00 PM Belly Dance LADIES ONLY MELANY Studio 2	7:00 PM-8:00 PM I AM Strength Class FAISAL CrossFit Area	6:45 PM-7:45 PM Indoor Cycling Class AHMED Spin Studio	12:00 PM-1:00 PM I AM Conditioning Boxing Class PAWEL Boxing Studio	
	7:00 PM – 8:00 PM I AM Pilates Class SUE Studio 2	7:00 PM – 8:00 PM I AM Functional Training – Circuit Class ANDREW CrossFit Area	7:00 PM – 8:00 PM Zumba LADIES ONLY ARDIANA Studio 2			
					9:00AM-2:45 PM Turning Pointe Studio 2	09:00AM-2:00 PM Turning Pointe Studio 2
		8:00 – 8:45 AM 9:00 – 9:45 AM Aqua Bike Class MIMOUN Swimming Pool	8:00 – 8:45 AM 9:00 – 9:45 AM Aqua Bike Class MIMOUN Swimming Pool	8:00 – 8:45 AM 9:00 – 9:45 AM Aqua Bike Class MIMOUN Swimming Pool	8:00 – 8:45 AM 9:00 – 9:45 AM Aqua Bike Class MIMOUN Swimming Pool	8:00 – 8:45 AM 9:00 – 9:45 AM Aqua Bike Class MIMOUN Swimming Pool
7:00 – 7:45 PM Aqua Bike Class MIMOUN Swimming Pool	7:00 – 7:45 PM Aqua Bike Class MIMOUN Swimming Pool	7:00 – 7:45 PM Aqua Bike Class MIMOUN Swimming Pool	7:00 – 7:45 PM Aqua Bike Class MIMOUN Swimming Pool			
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
	6:00-7:00 PM Kids/Teens Shotokan Karate ABDULRAHMAN Boxing Studio					5:00-6:00 PM Kids/Teens 6:00-7:00 PM Advance Shotokan Karate ABDULRAHMAN Boxing Studio

Class Intensity	
Low Intensity	
Medium Intensity	
High Intensity	

CLASS RATES

**Kickboxing			**Fitness Group Classes	
Private Single Session:	Member Rate AED 295	Non-Member AED350	Group Single Session:	AED 160
Private 10 Session:	AED 2800	AED 3350	Group 10 Sessions:	AED 1300
Group 12 Session Adults: AED 1000			**Aqua Bike Classes	
Group 12 Session Kids/Teens: AED 800			1 Session:	AED 150
**Small Group Personal Training			5 Sessions:	AED 700
	Member Rate	Non-Member	10 Sessions:	AED 1300
1 Session:	AED 175	AED 250		
6 Sessions:	AED 900	AED 1200		
12 Sessions:	AED 1500	AED 2150		
16 Sessions:	AED 1700	AED 2450		

***All highlighted classes are FREE for members
 ***BOXING STUDIO - Ground Floor, SPIN STUDIO - Ground Floor
 STUDIO 2 - Ground Floor, CROSSFIT – Ground Floor, SWIMMING POOL – Outdoor Area