GROUP EXERCISE TIMETABLE FOR OCTOBER 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 DILARA **Studio 2**				
6:00 PM – 7:00 PM Belly Dance **LADIES ONLY** LEYLA **Studio 2**		**5:00 PM – 6:00 PM** I AM Functional Training **LADIES ONLY** FADIA **Ladies Gym**	**6:00 PM – 7:00 PM** I AM Pilates Class **LADIES ONLY** SUE **Studio 2**		**8:00 AM – 9:00 AM** I AM Functional Training FAISAL **Functional Training Area**	**11:00 AM - 12:00 PM** I AM Strength Class DILARA **Functional Training Area**
7:00 PM – 8:00 PM I AM Functional Training ANDREW **Functional Training Area**	**6:00 PM – 7:00 PM** Zumba **LADIES ONLY** NENA **Studio 2**	**6:00 PM – 7:00 PM** Belly Dance **LADIES ONLY** LEYLA **Studio 2**	**7:00 PM - 8:00 PM** I AM Strength Class FAISAL **Functional Training Area**	**6:45 PM – 7:45 PM** Indoor Cycling Class AHMED **Spin Studio**		
	7:00 PM – 8:00 PM I AM Pilates Class SUE **Studio 2**	**7:00 PM – 8:00 PM** I AM Functional Training ANDREW **Functional Training Area**	**7:00 PM – 8:00 PM** Zumba **LADIES ONLY** ARDIANA **Studio 2**			
					9:00 AM- 2:45 PM Turning Pointe **Studio 2**	**09:00 AM–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**			**08:00 AM–9:00 AM** Cycling Class **Cycling Studio** **Monika**
5:00 PM Kids/Teens **6:30 PM** Adults Kickboxing Class DARKO **Boxing Studio**			**5:00 PM** Kids/Teens **6:30 PM** Adults Kickboxing Class DARKO **Boxing Studio**			**11:00 AM** Kids/Teens **12:30 PM** Adults Kickboxing 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** Advanced Shotokan Karate ABDULRAHMAN **Boxing Studio**

Class Intensity	
Low Intensity	
Medium Intensity	
High Intensity	

CLASS RATES

****Kickboxing**

	Member Rate	Non-Member
Private Single Session:	AED 295	AED350
Private 10 Sessions:	AED 2800	AED 3350

Group 12 Session Adults: AED 1000
Group 12 Session Kids/Teens: AED 800

****Small Group Personal Training**

	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

****Fitness Group Classes**

Group Single Session: AED 160
Group 10 Sessions: AED 1300

****Aqua Bike Classes**

1 Session: AED 150
5 Sessions: AED 700
10 Sessions: AED 1300

*****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