

# Class Schedule June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 - 08:50 AQUAPOWER PUNEET	07:00 - 07:45 AQUASPIN™ RICHIE	07:30 - 08:20 AQUASPIN™ ROLAND	07:00 - 07:45 AQUASPIN™ PUNEET	07:30 - 08:20 AQUAPOWER ROLAND	08:00 - 08:45 AQUASPIN™ ROLAND	08:00 - 08:45 AQUASPIN™ ROLAND/AAN
09:00 - 09:45 AQUASPIN™ PUNEET	08:00 - 08:50 AQUAPOWER PUNEET	09:00 - 09:50 AQUAPOWER ROLAND/PUNEET	08:00 - 08:50 AQUAPOWER PUNEET	09:00 - 9:50 AQUASPIN™ ROLAND	09:00 - 09:50 AQUAPOWER PUNEET	09:00 - 09:50 AQUAENDURE ROLAND/AAN
08:30 - 09:30 FITBOXING MEDDY	09:30 - 10:30 YOGA MELANIE		09:30 - 10:30 YOGA MELANIE	08:30 - 09:30 FITBOXING MEDDY	10:00 - 10:45 SPINNING ROLAND/AAN	09:00 - 10:00 YOGA MELANIE
09:00 - 09:45 PRAMA ENDURE RICHIE	18:00 - 18:45 AQUASPIN™ PUNEET	11:00 - 11:45 PRAMA CARDIO RICHIE		11:00 - 11:45 PRAMA CARDIO RICHIE	11:00 - 11:45 PRAMA ENDURE RICHIE	11:00 - 11:45 PRAMA CARDIO PUNEET
	18:30 - 19:15 PRAMA CARDIO RICHIE					
18:00 - 18:45 PRAMA CARDIO PUNEET	19:00 - 19:45 SPINNING ROLAND	18:00 - 18:45 PRAMA ENDURE PUNEET	18:00 - 18:45 PRAMA CARDIO PUNEET	18:30 - 19:15 PRAMA ENDURE RICHIE	16:00 - 17:30 I AM HAPPINESS WS LAURA/WISSAM	16:00 - 16:45 TEENAGE FIT PUNEET
19:00 - 19:50 AQUAENDURE RICHIE	19:00 - 20:00 YOGA MELANIE	19:00 - 19:50 AQUAENDURE RICHIE	19:00 - 19:45 AQUASPIN™ RICHIE	19:00 - 19:50 AQUAENDURE PUNEET	18:15 - 19:05 AQUAPOWER AAN/RICHIE	18:15 - 19:05 AQUAPOWER PUNEET
	20:15 - 21:15 MEDITATION LAURA/WISSAM		19:00 - 19:45 SPINNING ROLAND/AAN	20:00 - 21:00 MEDITATION LAURA/WISSAM	19:15 - 20:00 AQUASPIN™ AAN/RICHIE	19:15 - 20:00 AQUASPIN™ PUNEET

All classes/activities are mixed gender classes. For class bookings and information, please call the Health Club reception at 04 457 3330.

# Additional Information

**Aquaspin™:** The latest revolutionary aqua exercise that's a high intensity workout but gentle on joints, burns calories and keeps you cool!

**AquaPower:** A circuit training program, utilizing the bikes and other equipment in order to combine strength, cardio and combat.

**AquaEndure:** An endurance focused exercise.

**PRAMA:** Interactive circuit training where movements are guided by markings on the floor, music and LED lights.

**State of One Meditation:** A sessions that guides you to find your inner peace, balance and tranquility using breathing techniques, meditations and sound therapy.

**Yoga:** Hatha based flow class strengthening the body and mind, whilst improving flexibility and the connection to the breath.

**FitBoxing:** HIIT class involving Muay-Thai based kicks, punching techniques, body weight exercises focusing on endurance and fat burning.

**Spinning:** High intensity indoor cycling using stationary bikes with focus on endurance, strength and intervals.

**Women AeroBeats:** Exercise to music with combination of muscle strength, endurance and body conditioning.

**I AM HAPPINESS Workshop:** A dynamic workshop designed to create harmony between body and mind through creative art techniques.

- Schedule is subject to change based on attendance, instructor availability and weather conditions. We kindly request that you contact us to check and book in advance.
- Fitness and Wellness Classes: Members, Fairmont Residents, Hotel Guests - AED 55, Non-members - AED 85. FitBoxing: Members, Hotel Guests - AED 65; Fairmont Residents, Non-members AED 95.
- Series Sale: AED 760 for Non-members and AED 520 for Members (valid for 8 sessions but inclusive of InBody Test and nutritional advise).
- All classes/activities are mixed gender classes. For class bookings and information, please call the Healthclub reception at 04 457 3330.
- All prices are in Dirhams and inclusive of a 10% municipality fee, a 10% service charge and a 5% VAT.