

Class Schedule September 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
09:00 - 09:45 AQUASPIN™ PUNEET	08:00 - 08:50 AQUAPOWER RICHIE	09:00 - 09:50 AQUAPOWER ROLAND	08:00 - 08:50 AQUAPOWER PUNEET	09:00 - 9:50 AQUASPIN™ ROLAND	09:00 - 09:50 AQUAPOWER PUNEET	09:00 - 09:50 AQUAENDURE ROLAND
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	
11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA STRENGTH-CARDIO RICHIE	11:00 - 11:45 PRAMA STRENGTH-CARDIO AAN
	18:30 - 19:15 PRAMA STRENGTH-CARDIO ROLAND			18:15 - 19:00 AQUASPIN™ MOHAMED		
18:30 - 19:15 PRAMA STRENGTH-CARDIO RICHIE	19:00 - 19:45 AQUASPIN™ MOHAMED	18:30 - 19:15 PRAMA STRENGTH-CARDIO AAN	18:30 - 19:15 PRAMA STRENGTH-CARDIO RICHIE	18:30 - 19:15 PRAMA STRENGTH-CARDIO RICHIE	18:30 - 19:15 PRAMA STRENGTH-CARDIO RICHIE	16:00 - 16:45 TEENAGE FIT PUNEET
19:00 - 19:50 AQUAENDURE AAN	19:00 - 19:45 SPINNING AAN	19:00 - 19:50 AQUAENDURE RICHIE	19:00 - 19:45 AQUASPIN™ AAN	19:15 - 20:05 AQUAENDURE PUNEET	18:15 - 19:05 AQUAPOWER AAN	18:15 - 19:05 AQUAPOWER PUNEET
19:00 - 20:00 YOGA MELANIE		19:00 - 20:00 YOGA MELANIE	19:00 - 19:45 SPINNING ROLAND		19:15 - 20:00 AQUASPIN™ AAN	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 (Fit boxing): 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 7% municipality fee, a 10% service charge and a 5% VAT.