

# GROUP CLASSES



CLASS	PRICE PER GUEST PER CLASS	MONTHLY PACKAGE (8 CLASSES TOTAL)
HIIT / CARDIO / STRENGTH & CONDITIONING CLASSES	AED 99	AED 599
YOGA	AED 129	N/A

For bookings and more information contact:

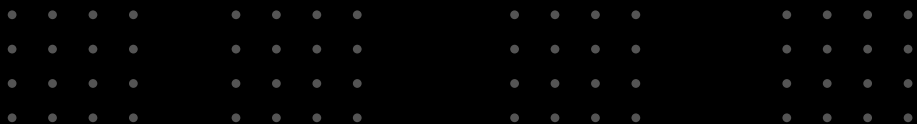
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# ***SWEAT OFF THE STRESS***

## **WEEKLY GROUP CLASSES 8 - 29 MAY**

GET IN SHAPE TODAY AND JOIN OUR GROUP CLASSES  
DESIGNED TO COMPLEMENT ANY TRAINING PROGRAM BY  
OUR CERTIFIED FITNESS TRAINER.  
AED 99 PER PERSON



- PLEASE BOOK YOUR SPOT WITH OUR FITNESS INSTRUCTOR MS. KRISTA
- KINDLY BRING YOUR OWN FITNESS MATT AND TOWEL
- ADVANCED PAYMENT REQUIRED

### **FULL BODY CIRCUIT (45 MIN)**

Sunday, 8 May  
18:30



### **STRENGTH & CONDITIONING (45 MIN)**

Wednesday, 11 May 18:30



### **HBX (45 MIN)**

Thursday, 19 May  
18:30



### **HIIT (45 MIN)**

Sunday, 29 May  
18:30

