

GROUP CLASS

SCHEDULE

■ **CARDIO**
■ **STRENGTH & CONDITIONING**
■ **MIND & BODY**



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES	8:30 AM	TOTAL BODY BLAST* Titus	FULL BODY WORKOUT Jovanni	CARDIO & CORE Titus	BE MORE (HIIT)* Titus	ABDOMINAL CLASSES Gabriel	
	9:00 AM						
	9:30 AM						
	10:00 AM					YOGA Sylvia	
	10:30 AM						TOTAL BODY BLAST* Titus
	11:00 AM						BE MORE (HIIT)* Titus
EVENING CLASSES	6:00 PM	TOTAL BODY BLAST* Titus		CARDIO & CORE Titus	BE MORE (HIIT)* Titus	FULL BODY WORKOUT Jovanni	
	6:30 PM						
	7:00 PM		ABDOMINAL CLASSES Gabriel	FUNCTIONAL TRAINING Jovanni			
	7:30 PM				YOGA Sylvia		CARDIO & CORE Titus
	8:00 PM						BE MORE (HIIT)* Titus

CATEGORY	PER CLASS	FOR 10 CLASSES
Members	AED 65	AED 585
Non-Members /Hotel guest rate	AED 85	AED 720

Prices are inclusive of all taxes

*Be More (HIIT) - High Intensity Interval Training.

*Total Body Blast - A combination of fast – paced cardio, resistance and weights class.

Complimentary for members



ADVANTAGE SPORTS UAE
www.advantagesportsuae.com

Opening time: 24hrs | Membership packages available

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