

ST REGIS

ATHLETIC CLUB

GROUP CLASS

SCHEDULE - MARCH 2017

■ **CARDIO**
■ **STRENGTH & CONDITIONING**
■ **MIND & BODY**
■ **MIXED MARTIAL ARTS**



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.

*Aqua swim fit: Taking place at our Indoor Swimming pool, the class is designed to help you improve your skills, strength and fitness when it comes to your swimming goals and objectives.

👤 Complimentary for members



ADVANTAGE SPORTS UAE
www.advantagesportsuae.com

Opening time: 24hrs | Membership packages available

Contact us on t. +971 2 408 8777

e: athleticclub.saadiyat@stregis.com

Follow us on: | Love us on

@stregissaadiyat island