







ST REGIS

ATHLETIC CLUB

GROUP CLASS

SCHEDULE - FEBRUARY 2017

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
							
MORNING CLASSES							
8:30 AM		 Total Body Blast*		 CARDIO & CORE			
9:00 AM		Titus		Titus		 ABDOMINAL CLASSES	
9:30 AM	 BOXING		 INDOOR CYCLING	BE MORE (HIIT)*	 YOGA		
10:00 AM	Ben	ZUMBA	Lynsey	Titus	Sylvia	 TOTAL BODY BLAST*	 BE MORE (HIIT)*
10:30 AM		Claudia				Titus	Titus
11:00 AM							
EVENING CLASSES							
6:00 PM	 TOTAL BODY BLAST*		 CARDIO & CORE	 BE MORE (HIIT)*			
6:30 PM	Titus		Titus	Titus			
7:00 PM		 ABDOMINAL CLASSES	 BOXING	 YOGA	 INDOOR CYCLING	 CARDIO & CORE	 BE MORE (HIIT)*
7:30 PM		Gabriel	Ben	Sylvia	Lynsey	Titus	Titus
8:00 PM							

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.

 Complimentry for members



ADVANTAGE SPORTS UAE
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Opening time: 24hrs | Membership packages available

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