

ST REGIS

ATHLETIC CLUB

16th – 22nd Oct 2016

ACTIVITY SCHEDULE

DATE		
SUNDAY 16th	Ultimate Workout 6:30am-7:30am Upstairs Studio TITUS	YOGA 6:30pm-7:30pm Upstairs Studio SRI
MONDAY 17th	BE MORE' (HIIT) 9:00am- 10:00am Upstairs Studio TITUS	'BE MORE' (HIIT) 6:30pm– 7:30pm Upstairs Studio TITUS
TUESDAY 18th	Total Body Blast 9:00am - 10:00am Upstairs Studio TITUS	YOGA 7:00pm-8:00pm Upstairs Studio Sri
WEDNESDAY 19th	'BE MORE' (HIIT) 9:00am-10:00am Upstairs Studio TITUS	Cardio & Core Training 6:30pm– 7:30pm Upstairs Studio TITUS
THURSDAY 20th	Functional Training 11:00am–12:00pm Upstairs Studio SRI	YOGA 7:00pm-8:00pm Upstairs Studio SRI
FRIDAY 21st	Functional Training 11:00am–12:00pm Upstairs Studio SRI	YOGA 7:00pm-8:00pm Upstairs Studio SRI
Saturday 22nd	Cardio & Core Training 10:00am-11:00am Upstairs Studio TITUS	Functional Training 6:30pm-7:30pm Upstairs Studio SRI

Classes conducted by St. Regis instructors are complimentary for Athletic Club members. Non-Members and Hotel Guests are invited to participate for only 60AED per person per class unless otherwise stated above. Prices inclusive of taxes and fees.