

ST REGIS

ATHLETIC CLUB

25th –31st Dec 2016

ACTIVITY SCHEDULE

DATE		
SUNDAY 25th	Ultimate Workout 11:00am–12:00pm Upstairs Studio TITUS	Total Body Blast 6:30pm - 7:30pm Upstairs Studio TITUS
MONDAY 26th	BE MORE' (HIIT) 11:00am- 12:00pm Upstairs Studio TITUS	Circuit Training 6:30pm-7:30pm Upstairs Studio TITUS
TUESDAY 27th	Total Body Blast 11:00am–12:00pm Upstairs Studio TITUS	Cardio & Core Training 6:30pm-7:30pm Upstairs Studio TITUS
WEDNESDAY 28th	'BE MORE' (HIIT) 11:00am–12:00pm Upstairs Studio TITUS	Ultimate Workout 6:30pm-7:30pm Upstairs Studio TITUS
THURSDAY 29th	-	-
FRIDAY 30th	'BE MORE' (HIIT) 11:00am–12:00pm Upstairs Studio TITUS	Circuit Training 6:30pm-7:30pm Upstairs Studio TITUS
Saturday 31st	Cardio & Core Training 11:00am-12:00pm Upstairs Studio TITUS	Total Body Blast 6:30pm - 7:30pm Upstairs Studio TITUS

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.