

# ST REGIS

ATHLETIC CLUB

25th Sep— 1st Oct 2016

## ACTIVITY SCHEDULE

DATE		
<b>SUNDAY 25th</b>	Ultimate Workout 6:30am-7:30am Upstairs Studio TITUS	YOGA 6:30pm-7:30pm Upstairs Studio SRI
<b>MONDAY 26th</b>	Ultimate Workout 10:00am-11:00am Upstairs Studio TITUS	'BE MORE' ( HIIT) 7:00pm-8:00pm Upstairs Studio TITUS
<b>TUESDAY 27th</b>	Total Body Blast 10:00am-11:00am Upstairs Studio TITUS	Cardio & Core Training 7:00pm-8:00pm Upstairs Studio TITUS
<b>WEDNESDAY 28th</b>	'BE MORE' ( HIIT) 9:00am-10:00am Upstairs Studio TITUS	Functional Training 7:00pm—8:00pm Upstairs Studio SRI
<b>THURSDAY 29th</b>	Functional Training 11:00am—12:00pm Upstairs Studio SRI	YOGA 7:00pm-8:00pm Upstairs Studio SRI
<b>FRIDAY 30th</b>	Total Body Blast 10:00am-11:00am Upstairs Studio TITUS	YOGA 7:00pm-8:00pm Upstairs Studio SRI
<b>Saturday 1st</b>	YOGA 11:00am-12:00pm Upstairs Studio SRI	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.