

ST REGIS

ATHLETIC CLUB

4th—10th Dec 2016

ACTIVITY SCHEDULE

DATE		
SUNDAY 4th	Ultimate Workout 6:30am-7:30am Upstairs Studio TITUS	YOGA 6:30pm-7:30pm Upstairs Studio SRI
MONDAY 5th	BE MORE' (HIIT) 11:00am- 12:00pm GYM TITUS	Circuit Training 6:30pm-7:30pm Upstairs Studio TITUS
TUESDAY 6th	Total Body Blast 9:00am - 10:00am Upstairs Studio TITUS	YOGA 7:00pm-8:00pm Upstairs Studio Sri
WEDNESDAY 7th	'BE MORE' (HIIT) 9:00am-10:00am Upstairs Studio TITUS	Functional Training 6:30pm-7:30pm Upstairs Studio SRI
THURSDAY 8h	Functional Training 11:00am—12:00pm Upstairs Studio SRI	YOGA 7:00pm-8:00pm Upstairs Studio SRI
FRIDAY 9th	'BE MORE' (HIIT) 11:00am—12:00pm Upstairs Studio TITUS	YOGA 7:00pm-8:00pm Upstairs Studio SRI
Saturday 10th	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.