


ST REGIS

ATHLETIC CLUB

GROUP CLASS


SCHEDULE

■ **CARDIO** ■ **STRENGTH & CONDITIONING**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 AM						
	6:30 AM						
MORNING CLASSES	7:00 AM	 BOOT CAMP Andrii		 INDOOR CYCLING Andrii	 ABDOMINAL CLASSES Gabriel	YOGA ON THE BEACH	 BOOT CAMP Andrii
	7:30 AM						
	8:00 AM						
	8:30 AM						
	9:00 AM		 FULL BODY WORKOUT Andrii		 CARDIO & CORE Andrii		
	9:30 AM						
	10:00 AM					 ABDOMINAL CLASSES Gabriel	 INDOOR CYCLING Andrii
	10:30 AM						
	11:00 AM						
		6:00 PM					
EVENING CLASSES	6:30 PM			YOGA ON THE BEACH	 STABILITY BALL EXERCISE Gabriel		
	7:00 PM	 INDOOR CYCLING Andrii	 ABDOMINAL CLASSES Gabriel		 CIRCUIT TRAINING Andrii		
	7:30 PM						
	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

 Complimentary for members



ADVANTAGE SPORTS UAE
www.advantagesportsuae.com

Membership packages available
Contact us on +971 2 498 8777
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