


ST REGIS

ATHLETIC CLUB

GROUP CLASS

SCHEDULE

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES	7:00 AM 	BOOT CAMP Andrii	INDOOR CYCLING Andrii	ABDOMINAL CLASSES Gabriel	YOGA	ABDOMINAL CLASSES Gabriel	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						
	10:30 AM	INDOOR CYCLING Andrii					
	11:00 AM						
EVENING CLASSES	6:00 PM	INDOOR CYCLING Andrii	ABDOMINAL CLASSES Gabriel	YOGA	CIRCUIT TRAINING Andrii		
	6:30 PM						
	7:00 PM 						
	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

 Complimentry for members


ADVANTAGE SPORTS UAE
www.advantageportsuae.com

Membership packages available
 Contact us on +971 2 498 8777
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