

SQUASH PROGRAMME
SANA MUSTAFA

TIMINGS

SUN	11:00 - 19:00
MON	14:15 - 20:00
TUES	11:00 - 19:00
WED	14:15 - 20:00
THURS	11:00 - 19:00

TENNIS PROGRAMME
MONA SENDESNI

TIMINGS

SUN	17:00 - 21:00
TUES	17:00 - 21:00

TENNIS PROGRAMME
SARAH A

AVAILABLE DAILY EXCEPT FRIDAYS.
TIMINGS ARE UPON REQUEST.

STUDIO 3

SUNDAY	08:30 - ANCA	18:45 - HEATHER	
MONDAY	08:15 - FIONA D.	10:00 - HEATHER	18:30 - DILIA
TUESDAY	08:00 - FIONA F. <i>sprint</i>	08:35 - DILIA	18:45 - HEATHER
WEDNESDAY	08:00 - GILLIAN <i>sprint</i>	08:35 - ISABELLE	
THURSDAY	08:30 - ISABELLE		
SATURDAY	08:30 - ISABELLE		

STAND UP PADDLING
BOOKING IS ESSENTIAL

TIMINGS

MON	16:00 - 16:45
TUES	09:00 - 09:45
THURS	09:00 - 09:45
SAT	10:00 - 10:45

BABYSPLASH
BABY SWIM LESSONS
TEAM STARTS FEB 5TH

TIMINGS

SUN	09:30 - 10:30
WED	09:30 - 10:30
THURS	09:30 - 10:30

TODDLER SPLASH

SUN	10:30 - 11:00
WED	10:30 - 11:00
THURS	10:30 - 11:00

Kids Classes

KIDS BALLET AGES 5-8 THURSDAYS 15:15 - 16:00	ZUMBA KIDS AGES 7-11 SATURDAYS 13:15 - 14:00
RHYTHMIC GYMNASTICS AGES 5-8 THURSDAYS 16:00 - 17:00	HIP-HOP KIDS AGES 7-11 SATURDAYS 14:15 - 15:00
ACROBATICS AGES 6-12 SATURDAYS 12:30 - 13:15	

AQUA AEROBICS

MEMBERS POOL

SUNDAY	09:00 - CHRISTINA	17:30 - MEDINA <i>ZUMBA</i>	
MONDAY	09:00 - CHRISTINA	10:05 - CHRISTINA <i>ZUMBA</i>	MAINTENANCE DAY
TUESDAY	09:00 - JACQUI		
WEDNESDAY	09:30 - JINAN	10:30 - JINAN	18:00 - JACQUI
THURSDAY	10:00 - JINAN	11:00 - JINAN	
SATURDAY	09:30 - JINAN	10:30 - MEDINA <i>ZUMBA</i>	

All classes are subject to availability.
*Please note that all classes are on a first come first served basis.

Please be informed that every **MONDAY MORNING** is maintenance day & there will be **MEN PRESENT** in the Club from **7am - 2pm**

DUBAI LADIES CLUB RETAILERS:



PO Box 72212, Dubai, United Arab Emirates. Tel: +971 4 34 999 22 Fax: +971 4 34 999 55
www.dubailadiesclub.com

OCTAGYM
TIME TABLE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

SKILL 8:00 - 08:30 FARAH	WOD 10:15 - ALEIGH	WOD 08:30 - FARAH	SKILL 8:00 - 08:30 FARAH	WOD 09:30 - SHAKHA
WOD 08:30 - FARAH			WOD 08:30 - FARAH	
WOD 09:45 - ALEIGH			WOD 09:45 - ALEIGH	

OCTAGYM CLASSES INCLUDED IN CLUB ANNUAL AND MAMLAKATY MEMBERSHIPS.

OCTAGYM
SINGLE SESSION AND PACKAGE PRICES PLEASE CONTACT RECEPTION

*SOME CLASSES WILL BE HELD OUTSIDE
*WOD - WORKOUT OF THE DAY

STUDIO 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PILATES 08:30 - KHADIJA	LES MILLS BODYATTACK 08:25 - LESLEY	LES MILLS BODYCOMBAT 08:30 - FARAH	GROUP ACTIVE 08:30 - DILIA	LES MILLS BODYCOMBAT 08:30 - ANCA	LES MILLS BODYPUMP EXPRESS 10:00 - 10:45 ASMA	LES MILLS BODYPUMP 09:30 - OLGA
CKWORX 09:30 - ANCA	CKWORX 09:30 - LESLEY	CKWORX 09:35 - FIONA F.	LES MILLS BODYPUMP 09:35 - BARBARA	LES MILLS CKWORX 09:35 - ANCA	LES MILLS BODYCOMBAT 10:45 - SHAIKHA	LES MILLS BODYATTACK 10:40 - OLGA G.
LES MILLS BODYSTEP CLASSIC 10:05 - JINAN	LES MILLS BODYPUMP 10:05 - AUDREY	BODY CONDITIONING 10:10 - DILIA	CARDIO STEP 10:40 - AUDREY	FAT BURNER 10:05 - OLGA S.		ZUMBA 11:40 - MEDINA
LES MILLS BODYPUMP 11:05 - LESLEY	DANCE FIT 11:15 - AUDREY	ZUMBA 11:00 - RELLU	ZUMBA 11:40 - MEDINA	LES MILLS BODYPUMP 11:05 - LESLEY		BELLY FITNESS 12:45 - LIZA
ZUMBA 12:15 - AIMEE	BELLY FITNESS 12:20 - LIZA	CKWORX 12:00 - DILIA	LES MILLS BODYCOMBAT 16:30 - OLGA G.	LES MILLS CKWORX 12:15 - AIMEE		BELLY FITNESS 12:45 - LIZA
STRETCH 13:20 - KHADIJA	LES MILLS BODYCOMBAT 16:30 - SHAIKHA	STRETCH 12:45 - CHRISTINA	LES MILLS BODYCOMBAT 16:30 - OLGA G.	ZUMBA 12:15 - AIMEE		ZUMBA AGES 10-18 13:30 - MEDINA
GROUP ACTIVE 17:00 - 17:45 MAY	H.I.I.T TABATA 17:30 - DILIA	LES MILLS BODYPUMP 17:00 - SHAIKHA	ZUMBA 17:30 - MEDINA	STRETCH 13:15 - CHRISTINA		
LES MILLS BODYATTACK 18:00 - OLGA G	ZUMBA 18:35 - MEDINA	LES MILLS BODYSTEP CLASSIC 18:05 - JINAN	BELLY FITNESS 18:30 - SHAYMA	KIDS BALLET AGES 5-8 FROM 20TH MARCH 15:15 - 16:00		
LES MILLS BODYPUMP 19:00 - ASMA	FAT BURNER 19:35 - KHADIJA	ZUMBA 19:00 - JAIMIE	FAT BURNER 19:35 - KHADIJA	RHYTHMIC GYMNASTICS AGES 5-8 FROM 20TH MARCH 16:00 - 17:00		

STUDIO 2 / OUTDOOR

H.I.I.T TABATA 08:30 - DILIA	TRX FORCE 08:30 - GOLI	TRX FORCE CIRCUIT TRAINING 08:30 - JILL	PILATES 08:30 - OLGA S.	LES MILLS BODYBALANCE 08:30 - DILIA	SWING YOGA BOOKING IS ESSENTIAL 10:00 - GOLI
SWING YOGA BOOKING IS ESSENTIAL 08:45 - TATIANA	PILATES 08:30 - OLGA S.	PILATES 08:30 - KHADIJA	MINDFUL YOGA 09:35 - 11:05 JUREE	TRX FORCE 08:30 - JILL	POWER YOGA 10:00 - KHADIJA
FLOW YOGA 09:30 - TARNIA	SWING YOGA BOOKING IS ESSENTIAL 09:30 - GOLI	POWER YOGA 09:40 - KHADIJA	LES MILLS BODYBALANCE 11:15 - DILIA	FLOW YOGA 09:30 - 10:45 TARNIA	LES MILLS BODYBALANCE 11:00 - GOLI
FLOW YOGA 10:45 - CHRISTINA	MINDFUL YOGA 09:35 - 11:00 AISHA	ASHTANGA YOGA 11:00 - TATIANA	PILATES 12:35 - DEBBIE	PILATES 11:00 - SOLAF	BOAR MOVE AGES 7-11 FROM 20TH MARCH 13:15 - 14:00
HATHA YOGA 17:30 - MARCELLENE	PILATES 11:05 - SOLAF	TRX TEAM 17:30 - HEATHER	HATHA YOGA 17:30 - MARCELLENE	BOOT CAMP UNLIMITED 16:30 - OLGA G.	ZUMBA KIDS AGES 7-11 FROM 20TH MARCH 13:15 - 14:00
TRX TEAM 17:30 - HEATHER	FLOW YOGA 17:30 - PEEWEE	FLOW YOGA 17:30 - TARNIA	PILATES 18:30 - KHADIJA	FLOW YOGA 17:30 - PEEWEE	HIP-HOP KIDS AGES 7-11 FROM 20TH MARCH 14:15 - 15:00
YIN YOGA 18:30 - AISHA	PILATES 18:30 - KHADIJA	PILATES 18:30 - SOLAF	SWING YOGA BOOKING IS ESSENTIAL 18:30 - ANGELIQUE		