

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	16:30 - 20:30
TUES	16:30 - 20:30
THURS	16:30 - 20:30

TENNIS PROGRAMME
SARAH A

AVAILABLE DAILY EXCEPT FRIDAYS.
TIMINGS ARE UPON REQUEST.

STUDIO 3

SUNDAY	08:30 - ANCA	9:30 - ISABELLE sprint	
MONDAY	08:15 - FIONA D.	09:30 - DILIA	18:30 - ASMA
TUESDAY	08:30 - FIONA F. sprint	18:30 - JAMIE P.	
WEDNESDAY	08:00 - GILLIAN sprint	08:45 - ISABELLE	17:00 - SHAIKHA sprint
THURSDAY	08:30 - ISABELLE		
SATURDAY	08:30 - ISABELLE		

STAND UP PADDLING
BOOKING IS ESSENTIAL

TIMINGS

TUES	09:00 - 10:00
THURS	09:00 - 10:00
SAT	09:00 - 10:00

BABYSPLASH
BABY SWIM LESSONS

TIMINGS

SUN	09:30 / 10:00 / 10:30
WED	09:30 / 10:00 / 10:30

TODDLER SPLASH

TIMINGS

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

AQUA AEROBICS

MEMBERS POOL

SUNDAY	08:30 - ELLY	17:30 - MEDINA ZUMBA	
MONDAY	18:00 - ISABEL M. ZUMBA	MAINTENANCE DAY	
TUESDAY	09:00 - JACQUI	10:15 - MEDINA ZUMBA	
WEDNESDAY	08:30 - JINAN	09:45 - JINAN	18:00 - JACQUI
THURSDAY	08:30 - JINAN	09:45 - JINAN	
SATURDAY	09:00 - JINAN	10:15 - MEDINA ZUMBA	

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 17:30 - DALAL	WOD 09:30 - HANA	WOD 08:30 - FARAH	SKILL 8:00 - 08:30 FARAH	WOD 09:30 - SHAIKHA
WOD 08:30 - FARAH		WOD 17:00 - ABEER	WOD 17:30 - DALAL	WOD 08:30 - FARAH	
WOD 17:00 - SHAIKHA				WOD 17:00 - ABEER	

OCTAGYM WORKOUTS INCLUDED IN CLUB ANNUAL AND MAMLAKATY MEMBERSHIPS.

OCTAGYM
calories are best burnt with your friends!
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 08:30 - LESLEY	LES MILLS BODYCOMBAT 08:30 - FARAH	PILATES 08:30 - KHADIJA	LES MILLS BODYPUMP 08:30 - ELLY	LES MILLS BODYPUMP 10:00 - ASMA	LES MILLS BODYPUMP 09:30 - OLGA
CXWORX 09:30 - ANCA	CXWORX 09:30 - LESLEY	LES MILLS BODYVIVE 3.1 09:30 - FIONA F.	GROUP ACTIVE 09:30 - DILIA	CXWORX 09:35 - ANCA	CXWORX 11:00 - ASMA	LES MILLS BODYATTACK 10:40 - OLGA G.
LES MILLS BODYCOMBAT 10:05 - JINAN	LES MILLS BODYBALANCE 10:05 - CATE	BODY CONDITIONING 10:15 - DILIA	LES MILLS BODYPUMP 10:40 - BARBARA	LES MILLS BODYJAM 10:05 - NONI		ZUMBA 11:40 - MEDINA
LES MILLS BODYPUMP 11:05 - LESLEY	STRONG 11:15 - RELLU	ZUMBA 11:05 - RELLU	ZUMBA toning 11:40 - MEDINA	LES MILLS BODYPUMP 11:05 - LESLEY		BELLY FITNESS 12:45 - LIZA
ZUMBA 12:15 - ISABEL M.	BELLY FITNESS 12:20 - LIZA	CXWORX 12:00 - DILIA	LES MILLS BODYCOMBAT 16:30 - OLGA G.	CXWORX 11:05 - LESLEY		ZUMBA 17:00 - RELLU
STRETCH 13:20 - KHADIJA	LES MILLS BODYCOMBAT 17:00 - SHAIKHA	ZUMBA gold 16:00 - ISABEL M.	H.I.I.T TABATA 17:30 - DILIA	ZUMBA 12:15 - MEDINA		
GENTLE YOGA 16:00 - MARCELLENE	CXWORX 18:00 - DILIA	LES MILLS BODYPUMP 17:00 - SHAIKHA	STRONG 18:30 - MEDINA	LES MILLS BODYATTACK 16:30 - OLGA G.		
GROUP ACTIVE 17:00 - 17:45 MAY	ZUMBA 18:35 - MEDINA	LES MILLS BODYSTEP CLASSIC 18:05 - JINAN	FAT BURNER 19:35 - KHADIJA			
LES MILLS BODYATTACK 18:00 - OLGA G.	FAT BURNER 19:35 - KHADIJA	ZUMBA 19:15 - JAMIE	BELLY FITNESS 20:30 - SHAYMA			
LES MILLS BODYJAM 19:00 - NONI						

STUDIO 2 / OUTDOOR

H.I.I.T TABATA 08:30 - DILIA	PILATES 08:30 - GOLI	PILATES 08:30 - KHADIJA	MINDFUL YOGA 09:35 - 11:05 JUREE	LES MILLS BODYBALANCE 08:30 - DILIA	POWER YOGA 10:00 - KHADIJA
OUTDOOR SWING YOGA BOOKING IS ESSENTIAL 08:30 - TATIANA	OUTDOOR TRX 08:30 - VANITHA	POWER YOGA 09:40 - KHADIJA	LES MILLS BODYBALANCE 11:15 - ELLY	OUTDOOR TRX 08:30 - MANAL	LES MILLS BODYBALANCE 11:00 - GOLI
FLOW YOGA 09:30 - TARNIA	MINDFUL YOGA 09:35 - 11:00 AISHA	OUTDOOR TRX 17:30 - VANITHA	GENTLE YOGA 16:30 - MARCELLENE	FLOW YOGA 09:30 - 10:45 TARNIA	
FLOW YOGA 10:45 - AISHA	FLOW YOGA 17:30 - PEEWEE	FLOW YOGA 17:30 - TARNIA	HATHA YOGA 17:30 - MARCELLENE	PILATES 11:00 - KHADIJA	
HATHA YOGA 17:30 - MARCELLENE	OUTDOOR SWING YOGA BOOKING IS ESSENTIAL 18:30 - PEEWEE	YIN YOGA 18:30 - AISHA	PILATES 18:30 - KHADIJA	FLOW YOGA 17:30 - PEEWEE	
YIN YOGA 18:30 - AISHA	PILATES 18:30 - KHADIJA				