

OCTOBER 2024

MONDAY




































AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
<div style="background-color: yellow; padding: 2px;">H.I.I.T</div> <p>08:30 SARAH 45 MINUTES</p>	<p>07:10 VIRTUAL 30 MINUTES</p>	<p>08:30 DILIA 50 MINUTES</p>	<p>08:35 MONA 45 MINUTES</p>	<p>09:00 ISABEL 50 MINUTES</p>	NO CLASSES
<p>09:35 DILIA 50 MINUTES</p>	<p>08:00 VIRTUAL 30 MINUTES</p>	<p>BEGINNERS</p> <p>10:00 VIKTORIA 50 MINUTES</p>	<p>09:30 MONA 45 MINUTES</p>	<p>10:00 ISABEL 50 MINUTES</p>	OUTDOORS
<p>10:35 LESLEY 60 MINUTES</p>	<p>08:45 ASMA 90 MINUTES</p>	<p>11:15 MONA 50 MINUTES</p>	<p>10:25 MONA 45 MINUTES</p>	<p>16:30 MEDINA 50 MINUTES</p>	TICKETS @ BEACH AND POOL RECEPTION
<p>11:45 ISABEL 50 MINUTES</p>	<p>09:40 VIRTUAL 90 MINUTES</p>	<p>19:00 VIKTORIA 50 MINUTES</p>	<p>11:45 CATE 55 MINUTES</p>	MAINTENANCE DAY	NO CLASSES
<p>12:45 ZEIN 50 MINUTES</p>	<p>11:10 VIRTUAL 30 MINUTES</p>	STUDIO TWO		<p>12:50 YVETTE 45 MINUTES</p>	TENNIS
<p>15:00 VIRTUAL 60 MINUTES</p>	<p>13:15 VIRTUAL 50 MINUTES</p>	TICKETS @ ART CENTER		<p>17:00 MARCELLENE 60 MINUTES</p>	TICKETS @ BEACH AND POOL RECEPTION
<p>17:00 LAMA 45 MINUTES</p>	<p>15:40 VIRTUAL 30 MINUTES</p>	<p>EXPRESS</p> <p>08:00 RANEEN 30 MINUTES</p>	<p>18:10 ANGE 60 MINUTES</p>	FAMILY POOL	<p>FOR BOOKINGS AND INQUIRY PLEASE CALL: +971 50 860 8337</p>
<div style="background-color: #00a696; color: white; padding: 2px;">BODY CONDITIONING</div> <p>18:00 HAMDA A 60 MINUTES</p>	<p>17:00 VIRTUAL 45 MINUTES</p>	<p>08:40 ANCA 45 MINUTES</p>	NO CLASSES	COURT 1 & 2	
<p>19:15 ANGE 50 MINUTES</p>	<p>19:15 VIRTUAL 50 MINUTES</p>				
<p>20:30 VIRTUAL 45 MINUTES</p>					





































OCTOBER 2024

TUESDAY

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
 08:30 ASMA 45 MINUTES	 07:10 VIRTUAL 30 MINUTES	 10:00 VIKTORIA 50 MINUTES	INTERMEDIATE  FLOW YOGA 08:30 SARAH 60 MINUTES	 AQUA AEROBICS 09:00 NICOLE 50 MINUTES	 08:30 DEEDA 60 MINUTES
 09:30 LESLEY 30 MINUTES	 08:30 VIRTUAL 50 MINUTES	STUDIO TWO TICKETS @ ART CENTRE	 PILATES 09:45 MARIANA 50 MINUTES	 AQUA AEROBICS 10:30 LESLEY 50 MINUTES	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
 STRETCH 10:10 SARAH 60 MINUTES	 09:35 VIRTUAL 50 MINUTES		 10:45 MARIANA 45 MINUTES	 AQUA AEROBICS 16:30 MEDINA 50 MINUTES	OUTDOORS TICKETS @ BEACH AND POOL RECEPTION
 BELLY FITNESS 11:20 ANGE 50 MINUTES	 11:00 VIRTUAL 45 MINUTES	 07:50 RANEEN 45 MINUTES	 BODY BALLET 12:20 ANGE 50 MINUTES	FAMILY POOL TICKETS @ BEACH AND POOL RECEPTION	NO CLASSES
 12:20 APPOLINE 60 MINUTES	 13:15 VIRTUAL 45 MINUTES	 09:35 MANAL 50 MINUTES	 16:00 LAMA 55 MINUTES		TENNIS
 BARRE 15:30 VIRTUAL 30 MINUTES	 15:40 VIRTUAL 50 MINUTES	 17:00 RANEEN 45 MINUTES	 GENTLE YOGA 17:15 AISHA 60 MINUTES	 AQUA AEROBICS 08:00 NICOLE 50 MINUTES	 FOR BOOKINGS AND INQUIRY PLEASE CALL: +971 50 860 8337
 17:00 ANCA 50 MINUTES	 17:00 VIRTUAL 45 MINUTES	 YIN YOGA 18:30 AISHA 50 MINUTES	COURT 1 & 2		
 18:00 MEDINA 50 MINUTES	 19:30 VIRTUAL 50 MINUTES	 PILATES 19:30 AISHA 50 MINUTES			
TONE & SCULPT 19:00 MEDINA 45 MINUTES					
 20:00 VIRTUAL 55 MINUTES					

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
 08:30 DEEDA 60 MINUTES	 07:30 VIRTUAL 30 MINUTES	 09:30 MONA 50 MINUTES	 08:35 MONA 50 MINUTES	 09:00 VIKTORIA 50 MINUTES	 08:30 SARAH 55 MINUTES
 09:40 ASMA 45 MINUTES	 08:30 VIRTUAL 50 MINUTES	 14:30 LESLEY 50 MINUTES	ADVANCED  09:35 SARAH 50 MINUTES	 10:30 NICOLE 50 MINUTES	OUTDOORS
 10:40 CATE 45 MINUTES	 10:00 VIRTUAL 45 MINUTES	BEGINNERS  17:40 ZEIN 50 MINUTES	 10:35 VIKTORIA 50 MINUTES	FAMILY POOL	TICKETS @ BEACH AND POOL RECEPTION NO CLASSES
 11:35 ISABEL 60 MINUTES	 11:00 VIRTUAL 50 MINUTES	STUDIO TWO	 11:35 CATE 55 MINUTES	TICKETS @ BEACH AND POOL RECEPTION NO CLASSES	TENNIS
 12:45 ANGE 50 MINUTES	 13:15 VIRTUAL 45 MINUTES	TICKETS @ ART CENTRE  07:40 RANEEN 45 MINUTES	 12:40 ISABEL 45 MINUTES		
 15:00 VIRTUAL 30 MINUTES	 15:15 VIRTUAL 30 MINUTES	 08:30 MANAL 50 MINUTES	 13:45 ANGE 50 MINUTES		
BEGINNER  16:30 SARAH 60 MINUTES	 17:00 VIRTUAL 45 MINUTES		 17:00 MARCELLENE 60 MINUTES		
 17:00 LAMA 60 MINUTES	 19:45 VIRTUAL 45 MINUTES		 18:10 MARCELLENE 50 MINUTES		
 18:40 ZEIN 50 MINUTES			 19:30 DEEDA 50 MINUTES		
 19:40 APPOLINE 50 MINUTES					 COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: +971 50 860 8337

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE

TICKETS @ WELLNESS CENTRE

LES MILLS BODYPUMP 08:30 ASMA
60 MINUTES

PILATES 09:40 MARIANA
50 MINUTES

tone 10:40 MARIANA
50 MINUTES

STRETCH 11:40 YVETTE
45 MINUTES

BELLY FITNESS 12:35 ANGE
50 MINUTES

LES MILLS BODYBALANCE 15:15 VIRTUAL
60 MINUTES

LES MILLS BODYCOMBAT 16:30 DEEDA
60 MINUTES

LES MILLS BODYPUMP 17:40 DEEDA
60 MINUTES

TONE & SCULPT 18:50 MEDINA
45 MINUTES

BARRE 20:10 VIRTUAL
30 MINUTES

STUDIO PEDAL

TICKETS @ WELLNESS CENTRE

LES MILLS SPRINT 07:45 VIRTUAL
30 MINUTES

LES MILLS RPM 08:30 VIRTUAL
50 MINUTES

LES MILLS THE TRIP 09:45 VIRTUAL
45 MINUTES

LES MILLS RPM 11:00 VIRTUAL
50 MINUTES

LES MILLS RPM 13:15 VIRTUAL
50 MINUTES

LES MILLS THE TRIP 15:40 VIRTUAL
45 MINUTES

LES MILLS THE TRIP 17:00 VIRTUAL
45 MINUTES

LES MILLS RPM 18:00 VIRTUAL
50 MINUTES

LES MILLS THE TRIP 19:30 VIRTUAL
30 MINUTES

REFORMER PILATES STUDIO

TICKETS @ ART CENTRE

REFORMER PILATES 10:00 VIKTORIA
50 MINUTES

REFORMER PILATES 18:00 VIKTORIA
50 MINUTES

STUDIO TWO

TICKETS @ ART CENTRE

LES MILLS RPM 07:50 RANEEN
50 MINUTES

CYCLE Freestyle 09:45 RANEEN
50 MINUTES

CYCLE Freestyle 17:00 RANEEN
50 MINUTES

STUDIO MIND & BODY

TICKETS @ ART CENTRE

PILATES 08:30 MARIANA
50 MINUTES

FLOW YOGA 09:45 YVETTE
45 MINUTES

GENTLE YOGA 10:40 YVETTE
45 MINUTES

LEGS BUMS TUMS 11:35 LESLEY
45 MINUTES

ZUMBA FITNESS 12:30 APPOLINE
50 MINUTES

BODY BALLET 13:35 ANGE
50 MINUTES

ZUMBA FITNESS 17:30 MEDINA
50 MINUTES

SWING YOGA 18:30 DEBBIE
45 MINUTES

LES MILLS SH'BAM 19:25 HAMDA A
45 MINUTES

MEMBERS POOL

TICKETS @ BEACH AND POOL RECEPTION

AQUA AEROBICS 09:00 ISABEL
50 MINUTES

AQUA AEROBICS 10:00 LESLEY
50 MINUTES

YOGA FLOAT 17:25 DEBBIE
30 MINUTES

FLOAT FIT AND YOGA FLOAT INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP

AQUA AEROBICS 18:00 NICOLE
50 MINUTES

FAMILY POOL

TICKETS @ BEACH AND POOL RECEPTION

NO CLASSES

OCTAGYM

TICKETS @ BEACH AND POOL RECEPTION

WOD 08:30 DEEDA
50 MINUTES

WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP

TRX 09:30 SARAH
55 MINUTES

OUTDOORS

TICKETS @ BEACH AND POOL RECEPTION

NO CLASSES

TENNIS
































PALMATENIS
COURT 1 & 2

FOR BOOKINGS AND INQUIRY PLEASE CALL:
+971 50 860 8337

OCTOBER 2024

FRIDAY

























AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
 HATHA YOGA 07:05 MARCELLENE 50 MINUTES	 Sprint 07:10 VIRTUAL 30 MINUTES	 REFORMER PILATES 12:10 LESLEY 50 MINUTES	 BODYBALANCE 08:45 DILIA 55 MINUTES	 AQUA AEROBICS 09:30 LESLEY 50 MINUTES	 WOD 08:15 DEEDA 50 MINUTES
 GRIT CARDIO 08:30 ASMA 30 MINUTES	 RPM 08:30 VIRTUAL 50 MINUTES	STUDIO TWO	 PILATES 09:50 DILIA 50 MINUTES	FAMILY POOL	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
BEGINNER  STEPS 09:05 SARAH 30 MINUTES	 RPM 09:30 VIRTUAL 50 MINUTES		TICKETS @ ART CENTRE		INTERMEDIATE  FLOW YOGA 10:50 YVETTE 50 MINUTES
INTERMEDIATE  STEP AND TONE 09:40 SARAH 60 MINUTES	 THE TRIP 11:00 VIRTUAL 45 MINUTES	 Sprint 08:00 DILIA 30 MINUTES	 SOUND HEALING 11:50 YVETTE 45 MINUTES	NO CLASSES	 PALMATENNIS COURT 1 & 2
 BODYPUMP CORE 10:50 LESLEY 60 MINUTES	 RPM 13:15 VIRTUAL 50 MINUTES	 RPM 09:15 DEEDA 50 MINUTES	 BODY BALLET 17:00 ANGE 50 MINUTES		
 ZUMBA FITNESS 12:10 MEDINA 45 MINUTES	 THE TRIP 15:30 VIRTUAL 45 MINUTES				
 BODYATTACK 13:30 VIRTUAL 45 MINUTES	 RPM 17:00 VIRTUAL 50 MINUTES				
 BODYBALANCE 14:45 VIRTUAL 30 MINUTES	 THE TRIP 19:30 VIRTUAL 45 MINUTES				
 BELLY FITNESS 16:00 ANGE 50 MINUTES					
 BODYCOMBAT 17:00 VIRTUAL 60 MINUTES					
 GRIT STRENGTH 18:30 VIRTUAL 30 MINUTES					
 CORE 19:30 VIRTUAL 45 MINUTES					

OCTOBER 2024

SATURDAY



























AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
 08:30 VIRTUAL 45 MINUTES	 07:30 VIRTUAL 50 MINUTES	NO CLASSES	 09:45 AISHA 60 MINUTES	 10:00 NICOLE 50 MINUTES	NO CLASSES
 09:30 ANCA 45 MINUTES	 08:30 VIRTUAL 30 MINUTES	STUDIO TWO	ADVANCED  11:00 SARAH 50 MINUTES	FAMILY POOL	TENNIS
 10:30 PATRICIA 45 MINUTES	 09:30 VIRTUAL 45 MINUTES	TICKETS @ ART CENTRE	 17:00 ANGE 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	
 11:30 LORA 50 MINUTES	 11:00 VIRTUAL 50 MINUTES	NO CLASSES	NO CLASSES	 FOR BOOKINGS AND INQUIRY PLEASE CALL: +971 50 860 8337	
 12:30 OLGA 50 MINUTES	 13:15 VIRTUAL 45 MINUTES				
 18:30 VIRTUAL 30 MINUTES	 15:15 VIRTUAL 50 MINUTES				
 14:15 VIRTUAL 60 MINUTES	 18:30 VIRTUAL 30 MINUTES				
 16:00 ANGE 50 MINUTES	 19:30 VIRTUAL 45 MINUTES				
 17:00 VIRTUAL 45 MINUTES					
 18:30 VIRTUAL 45 MINUTES					
 19:30 VIRTUAL 60 MINUTES					

OCTOBER 2024

SUNDAY

AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
TICKETS @ WELLNESS CENTRE	TICKETS @ WELLNESS CENTRE	TICKETS @ ART CENTRE	TICKETS @ ART CENTRE	TICKETS @ BEACH AND POOL RECEPTION	TICKETS @ BEACH AND POOL RECEPTION
 08:30 VIRTUAL 45 MINUTES	 07:10 VIRTUAL 30 MINUTES	NO CLASSES	 09:30 MANAL 50 MINUTES	 09:00 MEDINA 50 MINUTES	NO CLASSES
 09:40 DILIA 50 MINUTES	 08:00 VIRTUAL 30 MINUTES	STUDIO TWO	 10:30 AISHA 50 MINUTES	 10:00 MEDINA 50 MINUTES	TENNIS
 10:40 ASMA 30 MINUTES	 08:50 VIRTUAL 50 MINUTES	TICKETS @ ART CENTRE	 11:30 MARCELLENE 50 MINUTES	FAMILY POOL	 FOR BOOKINGS AND INQUIRY PLEASE CALL: +971 50 860 8337
 11:30 MEDINA 50 MINUTES	 09:45 VIRTUAL 45 MINUTES	 08:30 MANAL 50 MINUTES	 12:30 MEDINA 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	
 12:45 ZEIN 50 MINUTES	 11:00 VIRTUAL 30 MINUTES			NO CLASSES	
 14:30 VIRTUAL 45 MINUTES	 13:15 VIRTUAL 50 MINUTES				
 15:30 VIRTUAL 45 MINUTES	 17:00 VIRTUAL 45 MINUTES				
 17:30 DEEDA 45 MINUTES	 18:00 VIRTUAL 30 MINUTES				
 18:30 DEEDA 60 MINUTES	 19:30 VIRTUAL 50 MINUTES				