






















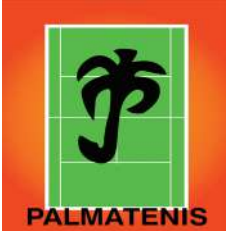












NOVEMBER 2024

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
 08:30 SARAH 45 MINUTES	 07:10 VIRTUAL 30 MINUTES	 BEGINNERS 10:00 VIKTORIA 50 MINUTES	 08:35 MONA 45 MINUTES	 09:00 ISABEL 50 MINUTES	NO CLASSES
 09:30 DILIA 50 MINUTES	 08:00 VIRTUAL 30 MINUTES	 11:15 MONA 50 MINUTES	 09:30 MONA 45 MINUTES	 10:00 ISABEL 50 MINUTES	OUTDOORS
 10:35 LESLEY 60 MINUTES	 08:45 ASMA 90 MINUTES	 19:00 VIKTORIA 50 MINUTES	 10:25 MONA 45 MINUTES	 16:30 MEDINA 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION
 11:45 ISABEL 50 MINUTES	 09:40 VIRTUAL 90 MINUTES	STUDIO TWO		MAINTENANCE DAY	NO CLASSES
 12:45 ZEIN 50 MINUTES	 11:10 VIRTUAL 30 MINUTES	TICKETS @ ART CENTER		FAMILY POOL	NO CLASSES
 15:00 VIRTUAL 60 MINUTES	 13:15 VIRTUAL 50 MINUTES	 08:00 DILIA 30 MINUTES	 12:50 YVETTE 45 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	 COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124
 17:00 LAMA 45 MINUTES	 15:40 VIRTUAL 30 MINUTES	 08:40 ANCA 45 MINUTES	 17:00 MARCELLENE 60 MINUTES	NO CLASSES	
 18:00 HAMDA A 60 MINUTES	 17:00 VIRTUAL 45 MINUTES				
 19:15 ANGE 50 MINUTES	 19:15 VIRTUAL 50 MINUTES				
 20:30 VIRTUAL 45 MINUTES			 18:10 ANGE 60 MINUTES		







































NOVEMBER 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  08:30 SARAH 60 MINUTES	 09:00 NICOLE 50 MINUTES	 08:30 DEEDA 60 MINUTES
 09:30 LESLEY 30 MINUTES	 08:30 VIRTUAL 50 MINUTES	STUDIO TWO	 09:45 MARIANA 50 MINUTES	 10:30 LESLEY 50 MINUTES	WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP
 10:10 SARAH 60 MINUTES	 09:35 VIRTUAL 50 MINUTES		TICKETS @ ART CENTRE	 10:45 MARIANA 45 MINUTES	 16:30 MEDINA 50 MINUTES
 11:20 ANGE 50 MINUTES	 11:00 VIRTUAL 45 MINUTES	 07:50 RANEEN 45 MINUTES	 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		
 15:30 VIRTUAL 30 MINUTES	 15:40 VIRTUAL 50 MINUTES	 17:00 RANEEN 45 MINUTES	 17:15 AISHA 60 MINUTES	TENNIS	 COURT 1 & 2 FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124
 17:00 ANCA 50 MINUTES	 17:00 VIRTUAL 45 MINUTES	 18:30 AISHA 50 MINUTES	08:00 NICOLE 50 MINUTES		
 18:00 MEDINA 60 MINUTES	 19:30 VIRTUAL 50 MINUTES	 19:30 AISHA 50 MINUTES		08:00 NICOLE 50 MINUTES	
TONE & SCULPT 19:10 MEDINA 45 MINUTES					
 20:10 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	 07:10 VIRTUAL 30 MINUTES	 09:30 MONA 50 MINUTES	 08:35 MONA 50 MINUTES	 09:00 VIKTORIA 50 MINUTES	NO CLASSES
 09:40 ASMA 45 MINUTES	 07:50 VIRTUAL 30 MINUTES	 10:30 MONA 50 MINUTES	ADVANCED  09:35 SARAH 50 MINUTES	 10:00 NICOLE 50 MINUTES	OUTDOORS
 10:40 CATE 45 MINUTES	 08:30 VIRTUAL 50 MINUTES	 14:30 LESLEY 50 MINUTES	 10:35 VIKTORIA 50 MINUTES	FAMILY POOL	TICKETS @ BEACH AND POOL RECEPTION
 11:35 ISABEL 60 MINUTES	 10:00 VIRTUAL 45 MINUTES	BEGINNERS  17:40 ZEIN 50 MINUTES	 11:35 CATE 55 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	 08:30 SARAH 55 MINUTES
 12:45 ANGE 50 MINUTES	 11:00 VIRTUAL 50 MINUTES	STUDIO TWO	 12:40 ISABEL 45 MINUTES	NO CLASSES	TENNIS
 15:00 VIRTUAL 30 MINUTES	 13:15 VIRTUAL 45 MINUTES	TICKETS @ ART CENTRE	 13:45 ANGE 50 MINUTES		 FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124
BEGINNER  16:30 SARAH 60 MINUTES	 15:15 VIRTUAL 30 MINUTES	 07:40 RANEEN 45 MINUTES	 17:00 MARCELLENE 60 MINUTES		COURT 1 & 2
 17:30 LAMA 60 MINUTES	 17:00 VIRTUAL 45 MINUTES	 08:30 MANAL 50 MINUTES	 18:10 MARCELLENE 50 MINUTES		
 18:40 ZEIN 50 MINUTES	 19:45 VIRTUAL 45 MINUTES		 19:30 DEEDA 50 MINUTES		
 19:40 APPOLINE 50 MINUTES					

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

LEGS BUMS TUMS 11:40 LESLEY
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 07:10 VIRTUAL
30 MINUTES

LES MILLS sprint 07:45 VIRTUAL
50 MINUTES

LES MILLS RPM 08:30 VIRTUAL
30 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 09:00 VIKTORIA
50 MINUTES

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

INTERMEDIATE FLOW YOGA 09:50 YVETTE
45 MINUTES

GENTLE YOGA 10:45 YVETTE
45 MINUTES

STRETCH 11:40 YVETTE
45 MINUTES

ZUMBA FITNESS 12:35 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 ZUMBA 18:00 APPOLINE
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

OUTDOORS

TICKETS @ BEACH AND POOL RECEPTION

TRX 08:30 SARAH
55 MINUTES

TENNIS

PALMATENIS COURT 1 & 2

FOR BOOKINGS AND INQUIRY PLEASE CALL:
056 9448124

























AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL	REFORMER PILATES STUDIO	STUDIO MIND & BODY	MEMBERS POOL	OCTAGYM
<p>TICKETS @ WELLNESS CENTRE</p>	<p>TICKETS @ WELLNESS CENTRE</p>	<p>TICKETS @ ART CENTRE</p>	<p>TICKETS @ ART CENTRE</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>	<p>TICKETS @ BEACH AND POOL RECEPTION</p>
<p>07:05 MARCELLENE 50 MINUTES HATHA YOGA</p>	<p>07:10 VIRTUAL 30 MINUTES LES MILLS <i>Sprint</i></p>	<p>12:10 LESLEY 50 MINUTES REFORMER PILATES</p>	<p>08:45 DILIA 55 MINUTES LES MILLS <i>BODYBALANCE</i></p>	<p>09:30 LESLEY 50 MINUTES AQUA AEROBICS</p>	<p>08:15 DEEDA 50 MINUTES WOD</p>
<p>08:30 ASMA 30 MINUTES LES MILLS <i>GRIT</i> CARDIO</p>	<p>08:30 VIRTUAL 50 MINUTES LES MILLS <i>RPM</i></p>	<p>STUDIO TWO</p>	<p>09:50 DILIA 50 MINUTES PILATES</p>	<p>FAMILY POOL</p>	<p>WOD (WORKOUT OF THE DAY) INCLUDED IN PREMIUM AND GOLDEN ANNUAL MEMBERSHIP</p>
<p>BEGINNER 09:05 SARAH 30 MINUTES STEPS</p>	<p>09:30 VIRTUAL 50 MINUTES LES MILLS <i>RPM</i></p>		<p>INTERMEDIATE 10:50 YVETTE 50 MINUTES FLOW YOGA</p>		<p>TICKETS @ BEACH AND POOL RECEPTION</p>
<p>INTERMEDIATE 09:40 SARAH 50 MINUTES STEP AND TONE</p>	<p>11:00 VIRTUAL 45 MINUTES LES MILLS <i>THE TRIP</i></p>	<p>TICKETS @ ART CENTRE</p>	<p>11:50 YVETTE 45 MINUTES SOUND HEALING</p>	<p>NO CLASSES</p>	<p>FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124</p>
<p>10:50 LESLEY 60 MINUTES LES MILLS <i>BODYPUMP</i> <i>CORE</i></p>	<p>13:15 VIRTUAL 50 MINUTES LES MILLS <i>RPM</i></p>	<p>08:00 DILIA 30 MINUTES LES MILLS <i>Sprint</i></p>	<p>17:00 ANGE 50 MINUTES BODY BALLET</p>		
<p>12:10 MEDINA 45 MINUTES ZUMBA FITNESS</p>	<p>15:30 VIRTUAL 45 MINUTES LES MILLS <i>THE TRIP</i></p>	<p>09:15 DEEDA 50 MINUTES LES MILLS <i>RPM</i></p>			
<p>13:30 VIRTUAL 45 MINUTES LES MILLS <i>BODYATTACK</i></p>	<p>17:00 VIRTUAL 50 MINUTES LES MILLS <i>RPM</i></p>				
<p>14:45 VIRTUAL 30 MINUTES LES MILLS <i>BODYBALANCE</i></p>	<p>19:30 VIRTUAL 45 MINUTES LES MILLS <i>THE TRIP</i></p>				
<p>16:00 ANGE 50 MINUTES BELLY FITNESS</p>					
<p>17:00 VIRTUAL 60 MINUTES LES MILLS <i>BODYCOMBAT</i></p>					
<p>18:30 VIRTUAL 30 MINUTES LES MILLS <i>GRIT</i> STREIGHT</p>					
<p>19:30 VIRTUAL 45 MINUTES LES MILLS <i>CORE</i></p>					

NOVEMBER 2024

SATURDAY
















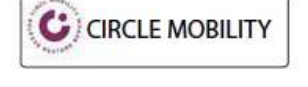










AGE GROUP - 13+ AGE GROUP - 16+

STUDIO ACTIVE	STUDIO PEDAL		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 ANCA 45 MINUTES	 11:00 VIRTUAL 45 MINUTES	TICKETS @ ART CENTRE	 17:00 ANGE 50 MINUTES	TICKETS @ BEACH AND POOL RECEPTION	 FOR BOOKINGS AND INQUIRY PLEASE CALL: 056 9448124
 11:30 LORA 50 MINUTES	 13:15 VIRTUAL 50 MINUTES	NO CLASSES	NO CLASSES		
 12:30 OLGA 50 MINUTES	 15:15 VIRTUAL 45 MINUTES				
 14:15 VIRTUAL 60 MINUTES	 17:00 VIRTUAL 50 MINUTES				
 16:00 ANGE 50 MINUTES	 18:30 VIRTUAL 30 MINUTES				
 17:00 VIRTUAL 45 MINUTES	 19:30 VIRTUAL 45 MINUTES				
 18:30 VIRTUAL 45 MINUTES					
 19:30 VIRTUAL 60 MINUTES					

NOVEMBER 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: 056 9448124
 11:30 MEDINA 50 MINUTES	 09:45 VIRTUAL 45 MINUTES	 08:35 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				