

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|---|--|
| <u>8:30 - 9:30</u> HATHA YOGA DIDEM | <u>8:30 - 9:30</u> YIN YOGA DIDEM | <u>8:30 - 9:30</u> AQUASPRIN NEBOJSA | <u>8:00 - 9:00</u> YOGA BY THE BEACH DIDEM | <u>8:30 - 9:30</u> VINYASA DIDEM | <u>8:30 - 9:15</u> AQUASPRINT NEBOJSA | <u>9:30 - 10:15</u> AQUA STRENGTH WEJDENE |
| <u>9:30 - 10:15</u> AQUA STRENGTH WEJDENE | <u>9:30-10:15</u> AQUA AEROBICS WEJDENE | <u>9:30-10:15</u> AQUA BOXING WEJDENE | <u>9:30-10:15</u> AQUA PILATES WEJDENE | <u>8:30 - 9:15</u> AQUASPRINT NEBOJSA | | |
| | | | <u>10:00-10:45</u> BRAZILIAN GLUTES NEBOJSA | <u>10:00-10:45</u> AQUA AEROBICS WEJDENE | | <u>10:30-11:15</u> PILATES WEJDENE |
| <u>17:30 - 18:30</u> HIIT NEBOJSA | <u>17:30 - 18:30</u> HIIT NEBOJSA | | <u>18:30 - 19:15</u> ZUMBA ZOYA | | <u>18:30 - 19:15</u> AQUASPRINT RICHIE | <u>18:30 - 19:15</u> AQUA STRENGTH RICHIE |
| <u>19:00 - 20:00</u> CANDLE LIGHT YOGA DIDEM | | | <u>19:30 - 20:30</u> VINYASA DIDEM | | | |

Brazilian Glutes

A fun and effective workout that targets and tones your glutes, Get ready to sculpt a stronger , lifted booty with every session

AquaSprint

The latest revolutionary aqua exercise - a high intensity workout, but gentle on joints, burns calories and keeps you cool

AquaStrength

A circuit training program, utilizing waterbikes and other equipment in order to combine strength and cardio

AquaBoxing

Meant to improve strength and stamina, punching bags can strengthen cardiovascular and muscular endurance, while improving speed, agility and striking technique in one simple exercise

Gentle Yoga

A guided group exercise that focuses on lengthening and loosening the body's muscle groups, through a variety of postures such as back bends and splits

Hatha yoga

A practice that involves yoga poses, yogic breathing techniques and meditation

Pilates

A system of exercises designed to improve physical strength, flexibility and posture

AquaPilates

It is designed to increase flexibility, core strength, balance and stability. In addition to your heart and muscles, working out in water is also great for your internal organs and lymphatic system

Vinyasa

The sequential movement between postures, coordinated with and guided by deliberate breath

AquaAerobics

It gives you a good cardiovascular workout, gently increasing the pulse and breathing rate. It's great for helping to improve heart health. It strengthens and tones muscles.

Zumba

Latin and international music with dance moves. It's a fun cardio based workout tropically involve a variety of dance style such as salsa, reggaeton and hip hop . Effective for people of all fitness levels.

All classes are exclusively available to attendees aged 18 and above.

For more information and bookings, please call Health Club reception on 04 457 3330 or email: palm.healthclub@fairmont.com

CLASS PRICES : MEMBERS AED 55 | NON MEMBERS AED 75

SPECIAL OFFER PACKAGE: AED 400 (8 SESSIONS)

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