














ST REGIS

ATHLETIC CLUB

GROUP CLASS

SCHEDULE

■ **CARDIO** ■ **STRENGTH & CONDITIONING**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES	6:30 AM						
	7:00 AM	 BOOT CAMP Andrii		 INDOOR CYCLING Andrii	 ABDOMINAL CLASSES Gabriel		
	7:30 AM						
	8:00 AM						
	8:30 AM					 YOGA	
	9:00 AM		 FULL BODY WORKOUT Andrii	 CARDIO & CORE Andrii			
	9:30 AM						
	10:00 AM					 ABDOMINAL CLASSES Gabriel	 INDOOR CYCLING Andrii
	10:30 AM						
	11:00 AM						
EVENING CLASSES	5:00 PM					 BOOT CAMP Andrii	
	6:30 PM						
	6:00 PM				 STABILITY BALL EXERCISE Gabriel		
	6:30 PM						
	7:00 PM	 INDOOR CYCLING Andrii	 ABDOMINAL CLASSES Gabriel	 YOGA			
	7:30 PM						

CATEGORY	PER CLASS	FOR 10 CLASSES
Members	AED 68	AED 612
Non-Members /Hotel guest rate	AED 89	AED 754

Prices are inclusive of 10% service charge, 4% municipality fees, 6% tourism fees and 5% VAT on base amount plus service charge.

 Complimentary for members



ADVANTAGE SPORTS UAE
www.advantagesportsuae.com

Membership packages available
Contact us on +971 2 498 8777
athleticclub.saadiyat@stregis.com

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