


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						
	7:30 AM	BOOT CAMP		INDOOR CYCLING			
	8:00 AM	Andrii		Andrii			
	8:30 AM						
	9:00 AM					YOGA	
	9:30 AM	FUNCTIONAL TRAINING	FULL BODY WORKOUT	BOXING GROUP CLASSES	CARDIO & CORE		
	10:00 AM	Jovanni	Andrii	Jovanni	Andrii		
	10:30 AM					ABDOMINAL CLASSES Gabriel	INDOOR CYCLING Andrii
	11:00 AM						BOXING GROUP CLASSES Jovanni
EVENING CLASSES	5:00 PM						
	6:30 PM			HIIT Jovanni		BOOT CAMP Andrii	
	6:00 PM			BOXING GROUP CLASSES Jovanni			
	6:30 PM					FUNCTIONAL TRAINING Jovanni	
	7:00 PM			YOGA			
		INDOOR CYCLING Andrii	ABDOMINAL CLASSES Gabriel				
	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
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