

ST REGIS

ATHLETIC CLUB

GROUP CLASS

SCHEDULE



CARDIO



STRENGTH &
CONDITIONING



MIND & BODY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CLASSES

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM



INDOOR
CYCLING
Andrii



FUNCTIONAL
TRAINING
Alex



FULL BODY
WORKOUT
Andrii



CIRCUIT
TRAINING
Alex



FULL BODY
WORKOUT
Andrii



ABDOMINAL
CLASSES
Gabriel



INDOOR
CYCLING
Andrii



CIRCUIT
TRAINING
Alex

EVENING CLASSES

5:00 PM

6:30 PM

6:00 PM

6:30 PM

7:00 PM

7:30 PM



HIIT
Alex



GYM POWER
CLASS
Andrii



CIRCUIT
TRAINING
Alex



FUNCTIONAL
TRAINING
Alex



INDOOR
CYCLING
Andrii



ABDOMINAL
CLASSES
Gabriel

YOGA

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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