

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			INDOOR CYCLING Andrii			
	7:30 AM						
	8:00 AM						
	8:30 AM					YOGA	
	9:00 AM	FUNCTIONAL TRAINING Alex	FULL BODY WORKOUT Andrii	CIRCUIT TRAINING Alex	FULL BODY WORKOUT Andrii		
	9:30 AM						
	10:00 AM					ABDOMINAL CLASSES Gabriel	INDOOR CYCLING Andrii
	10:30 AM						CIRCUIT TRAINING Alex
	11:00 AM						
EVENING CLASSES	5:00 PM				HIIT Alex		
	6:30 PM					GYM POWER CLASS Andrii	
	6:00 PM		CIRCUIT TRAINING Alex				
	6:30 PM			YOGA		FUNCTIONAL TRAINING Alex	
	7:00 PM	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
Contact us on +971 2 498 8777
athleticclub.saadiyat@stregis.com

Follow us on:   | Love us on 

@stregissaadiyat island