

FITNESS ACTIVITY SCHEDULE 2018



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---------------------------------------|--|---------------------------------------|--|--------------------------------|---|
| Studio | Studio | Studio | Studio | Studio | Studio | Studio |
| 06:30 - 07:30 Artistic Yoga | 06:30 - 07:30 Artistic Yoga | 06:30 - 07:30 Artistic Yoga | 06:30 - 07:30 Artistic Yoga | 06:30 - 07:30 Artistic Yoga | | |
| 07:30 - 08:30 Artistic Yoga | 07:30 - 08:30 Artistic Yoga | 07:30 - 08:30 Artistic Yoga | 07:30 - 08:30 Artistic Yoga | 07:30 - 08:30 Artistic Yoga | | 07:30 - 08:30 Artistic Yoga |
| 09:00 - 10:00 Artistic Yoga | 09:00 - 10:00 Artistic Yoga | 09:00 - 10:00 Artistic Yoga | 09:00 - 10:00 Artistic Yoga | 09:00 - 10:00 Artistic Yoga | | 09:00 - 10:00 Artistic Yoga |
| | | | | | | 09:00 - 09:30 Ballet (3-4 yrs) |
| 09:00 - 10:00 Zumba Fitness (MAC) | | 09:00 - 10:00 Strong by Zumba (MAC) | | 09:00 - 10:00 Zumba Fitness (MAC) | | 09:30 - 10:15 Gymnastics (4 - 6 yrs) |
| | | | | | | 10:15 - 11:15 Pre Primary Tap & Ballet (5 - 6 yrs) |
| 10:30 - 11:30 PILATES (Rebecca) | KARATE 10:00- 11:00 | | | 10:15 - 11:15 PILATES (Rebecca) | | 11:15 - 12:15 Gymnastics (7 - 12 yrs) |
| | | KARATE 16:30 - 17:15 (5-8 yrs) | | KARATE 16:00 - 16:45 (5-8 yrs) | | 12:15 - 13:00 Musical Theatre (6 - 10 yrs) |
| | | KARATE 17:30 - 18:15 (9-12yrs) | | KARATE 17:00 - 17:45 (9-12yrs) | | 13:00 - 14:00 Juniors Fitness & squash (Nikky) |
| | | KARATE 18:15 - 19:00 (13 years & Up) | | KARATE 18:00 - 18:45 (13 years & Up) | | |
| | | | | | | 14:00 - 15:00 Teenagers Fitness & squash (Nikky) |
| 18:00 - 19:00 Artistic Yoga | 18:00 - 19:00 Artistic Yoga | 18:00 - 19:00 Artistic Yoga | 18:00 - 19:00 Artistic Yoga | 18:00 - 19:00 Artistic Yoga | 18:00 - 19:00 Artistic Yoga | 18:00 - 19:00 Artistic Yoga |
| 19:15 - 20:15 Artistic Yoga | 19:15 - 20:15 Artistic Yoga | 19:15 - 20:15 Artistic Yoga | 19:15 - 20:15 Artistic Yoga | 19:15 - 20:15 Artistic Yoga | | 19:15 - 20:15 Artistic Yoga |
| | 19:00 - 20:00 TRX FIT (Parveez) | | 19:00 - 20:00 TRX FIT (Parveez) | | | |
| | | | 19:00 - 20:00 BOOTCAMP (Nikky) | | | |
| 20:15 - 21:15 Weightloss Yoga | 20:15 - 21:15 Weightloss Yoga | 20:15 - 21:15 Weightloss Yoga | 20:15 - 21:15 Weightloss Yoga | 20:15 - 21:15 Weightloss Yoga | | 20:15 - 21:15 Weightloss Yoga |

FITLAB PRICE LIST

N.B. All Classes are in one (1) hour duration



| PERSONAL TRAINING | Individual | PRICES IN AED | |
|---------------------------|-----------------------|---|------------|
| | Block of 6 | MEMBER | NON-MEMBER |
| | Block of 10 | 350 | 450 |
| KARATE CLASS | 1 session | 1800 | 2150 |
| | Block of 10 | 3000 | 3500 |
| PILATES IN MATTS | 1 session | 50 | 60 |
| PILATES 5 WEEKS | 5 session | 450 | 550 |
| BHARAT THAKUR YOGA | Artistic Yoga | 80 | 90 |
| | 1 Month - 3 days/week | 375 | 425 |
| | 1 Month - 6 days/week | 65 | 65 |
| | Weight Loss | 495 | 550 |
| | 1 Month - 3 days/week | 630 | 700 |
| | 1 Month - 5 days/week | 85 | 85 |
| TRX FIT | Single session | 630 | 700 |
| | Block of 10 | 765 | 850 |
| HEAD TO TOES | Single Session | 55 | 75 |
| BOOTCAMP | Single Session | 500 | 700 |
| ABS EXERCISE 35MINS | Single | 65 | 75 |
| | Block of 8 | 65 | 75 |
| ZUMBA FITNESS 60 MINS | Single | 65 | 75 |
| | Block of 8 | 500 | 560 |
| STRONG BY ZUMBA | Single Session | 65 | 75 |
| | Block of 4 | 500 | 560 |
| FITNESS/ SQUASH (JUNIORS) | | 85 | 95 |
| | Single Session | 275 | 355 |
| FITNESS/ SQUASH | | 65 | 75 |
| (TEENAGERS) | Single session | 65 | 75 |
| SQUASH COACHING | Single session | 230 | 250 |
| SWIMMING LESSON | | Price ranges from AED 65 to 85 per session depending on age and ability of the person | |
| BALLET LESSON | | Price ranges from AED 65 to 85 per session depending on age and ability of the child | |