

FITNESS ACTIVITY SCHEDULE - SEP - OCT 2017

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 - 10.00 PILOGA	09.00 - 10.00 PILOGA				
	10.00 - 11.00 PILOGA	10.00 - 11.00 PILOGA				09.00 - 09.30 Ballet (3- 4yrs)
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 - 6yrs)
						10.15 - 11.15 Tap & Ballet (5 - 6yrs)
10.30 - 11.30 PILATES (Rebecca)	10.00- 11.00 KARATE			10.15 - 11.15 PILATES (Rebecca)		11.15 - 12.15 Gymnastics (7 - 12yrs)
	03.00 - 03.30 Street Jazz (3 - 4yrs)	KARATE 16.30 - 17.15 (5-8 yrs)		16.00 - 16.45 KARATE (5 - 8yrs)		
	03.30 - 04.15 Gymnastic (4 - 6yrs)	17.30-18.15 KARATE (9 - 12yrs)		17.00- 17.45 KARATE (9 - 12yrs)		13.00 - 14.00 Juniors Fitness & squash (Nikky)
	04.15 - 05.00 TAP & Street Jazz (5 - 9yrs)	18,15 - 19.00 KARATE (13 yrs & UP)		18.00 - 18.45 KARATE (13yrs & Up)		
	05.00 - 05.45 RAD Grade 3 Ballet (Ability)					14.00 - 15.00 Teenagers Fitness & squash (Nikky)
	18.30 - 19.30 PILOGA					
	19.30 - 20.30 PILOGA					
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 Circuit Training Outdoor (Michael)	19.00 - 20.00 TRX (Parveez)	19.00 - 20.00 Circuit Training Outdoor(Michael)	19.00 - 20.00 TRX (Parveez)	19.00 - 20.00 Circuit Training Outdoor (Michael)		
			20.00 - 19.00 BOOTCAMP (Nikky)			
21.15 - 20.15 Weightloss Yoga	21.15 - 20.15 Weightloss Yoga	21.15 - 20.15 Weightloss Yoga	21.15 - 20.15 Weightloss Yoga	21.15 - 20.15 Weightloss Yoga		20.15 - 21.15 Weightloss Yoga



For reservations, please call +971 4 417 9850 or
email egcfitlab@dubaigolf.com or visit www.dubaigolf.com



#FitLabDubai



FITLAB PRICE LIST

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

		MEMBER	NON-MEMBER			MEMBER	NON-MEMBER
PERSONAL TRAINING	Individual	350	450	CIRCUIT TRAINING/ TRX	Single session	55	75
	Block of 6	1800	2150		Block of 10	500	700
	Block of 10	3000	3500	HEAD TO TOES	Single Session	65	75
KARATE CLASS	1 session	50	60	BOOTCAMP	Single Session	65	75
	Block of 10	450	550	ABS EXCERCISE 35 MINS	Single	65	75
PILOGA/ REFORMER	1 session	120	130		Block of 8	500	560
	Block of 5 session	540	600	ZUMBA FITNESS 60 MINS	Single	65	75
	Block of 10 session	1035	1150		Block of 8	500	560
PILATES IN MATTS	1 session	80	90	STRONG BY ZUMBA	Single Session	85	95
PILATES 5 WEEKS	5 session	375	425		Block of 4	275	355
BHARAT THAKUR YOGA	Artistic Yoga	65	65	FITNESS/ SQUASH (JUNIORS)	Single Session	65	75
	1 Month - 3 days/ week	495	550	FITNESS/ SQUASH (TEENAGERS)	Single session	65	75
	1 Month - 6 days/ week	630	700	SQUASH COACHING	Single session	230	250
	Weight Loss	85	85	SWIMMING LESSON	Price ranges from AED 65 to 85 per session depending on age and ability of the person		
	1 Month - 3 days/ week	630	700	BALLET LESSON	Price ranges from AED 65 to 85 per session depending on age and ability of the child		
	1 Month - 5 days/ week	765	850				