

# Fitness Classes

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>09:00</i>						Hatha Yoga <small>VENUE: CABANA</small>	
<i>09:30</i>		Hatha Yoga <small>VENUE: CABANA</small>		Hatha Yoga <small>VENUE: CABANA</small>			Stretching & Core <small>VENUE: GYM</small>
<i>17:00</i>	Cardio Boxing <small>VENUE: IN FRONT OF THE KIDS CLUB</small>		Functional Training <small>VENUE: IN FRONT OF THE KIDS CLUB</small>		Zumba <small>VENUE: IN FRONT OF THE KIDS CLUB</small>		Zumba <small>VENUE: IN FRONT OF THE KIDS CLUB</small>
<i>18:30</i>	Hatha Yoga <small>VENUE: CABANA</small>	Class for Her <small>VENUE: IN FRONT OF THE KIDS CLUB</small>	Hatha Yoga <small>VENUE: CABANA</small>	Dynamic Core <small>VENUE: IN FRONT OF THE KIDS CLUB</small>		Tabata <small>VENUE: IN FRONT OF THE KIDS CLUB</small>	

*Price per Class 75 AED*

*Dynamic Core is free of charge*

- Hatha Yoga is an ancient system of physical movement, breathing exercise and meditation practices.
- Cardio Boxing is a combination of a traditional training movement of a boxer that have a primarily aerobic training effect.
- Functional Training is training that mimics dayli movements and allows individuals to better perform the activities of everyday life.
- Dynamic Core is combination of cardio with abdominal exercise to burn fat whilst strengthening ab muscles.
- Tabata is high intensity type of interval workout
- Class for Her - is the ladies fitness class, where you can focus trimming and toning the core, gluts and thighs
- Stretching & Core - this class will improve posture, decrease joint pain and will help to strengthen your core and increase range of motion.
- Zumba is a fitness class that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms — and resistance training.