

GROUP EXERCISE TIMETABLE / NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
*Spinning Dorothy 10am-10:45am Aerobics Studio	*Aqua Aerobics Joanna 10am-11am Indoor Pool (For Members Only)	*Zumba Dorothy 11am-12nn Aerobics Studio	*Aqua Aerobics Dorothy 10am-11am Indoor Pool (For Members Only)	*Spinning Dorothy 12nn-12:45pm Aerobics Studio	*Aqua Aerobics Dorothy 10am-11am Indoor Pool (For Members Only)
*Zumba Dorothy 11am-12nn Aerobics Studio	HIIT (High Intensity Interval Training) Farah 5pm -6pm Aerobics Room	*Spinning Dorothy 4pm-4:45pm Aerobics Studio	Spinning Dorothy 4pm-4:45pm Aerobics Studio	*Zumba for Girls (7-14years) Dorothy 4pm-4:45pm Aerobics Studio	Spinning Dorothy 4pm-4:45pm Aerobics Studio
*HIIT (High Intensity Interval Training) Dorothy 4pm -5pm Aerobics Studio	*Aqua Aerobics Dorothy 5pm -6pm Indoor Pool (For Members Only)	*Zumba Dorothy 5pm-6pm Aerobics Studio	Fit Kids (minimum 6 years) Farah 5pm-5:45pm Aerobics Studio	*Zumba Dorothy 5pm-6pm Aerobics Studio	*Aqua Aerobics Dorothy 5pm -6pm Indoor Pool (For Members Only)
*Arabian Zumba Yosra 5pm-6pm Aerobics Studio		*Aerocombo Dorothy 6pm -7pm Aerobics Studio	*Zumba for Girls (7-14years) Dorothy 6pm-6:45pm Aerobics Studio	*Circuit Training Dorothy 6:00pm-7:00pm Aerobics Studio	HIIT (High Intensity Interval Training) Farah 6pm -7pm Aerobics Room
*Spinning Dorothy 6:15pm-7:00pm Aerobics Studio				*Arabian Zumba Yosra 7pm-8pm Aerobics Studio	
*YOGA (Yogasana) Cecilia 7:10 pm - 8:10 pm Aerobics Studio					

■ HIGH ENERGY
 ■ DANCE
 ■ STRENGTH & CONDITIONING
 ■ HOLISTIC
 ■ SPECIFIC FOCUS SESSION
 * LADIES ONLY

Classes are designed for all levels and fitness abilities it's fun and great form of stress relief

ADULT CLASSES

Members: Complimentary

Guests: Qr. 625 (12 Sessions) + 2 Sessions (Free)
Qr. 55 per session

GENERAL INFORMATION

- For your safety and as courtesy to other members, please do not enter class if more than 10 minutes after class start time.
- Dana Club has the right to cancel any class after 15 minutes of no attendance
- We recommend pre-booking for Spinning Class because only 17 bikes are available.
- Timetable and Instructors are subject to change.
- Kindly contact reception for confirmation of the class

Spinning Class : is a low impact indoor cycling workout led by an Instructor. Motivating music will push you along to a great workout in this fun environment. Get fit, develop muscle tone in your legs and your core area.

YOGASANA: It emphasizes **physical exercises** to master the body along with **mind exercises** in a steady and comfortable pose. Beneficial to increase flexibility and joint alignment.

KIDS CLASSES

Members: Complimentary

Guests: Qr. 465 (12 Sessions) + 2 sessions (Free)
Qr. 40 per session rate

CLASS FOR 45 Minutes

Fit Kids: Dynamic and fun activities that include calisthenics, running, jumping, plyometric and exercise drills for kids.

Class of the month

HIIT (High Intensity Interval Training)

Benefits:

- Firmer skin and less wrinkles
- Increased energy and boosted metabolism
- Muscle tone improvement.
- Reduced body fat

Experience the warmth and luxury of modern Arabian hospitality personalized for you, your friends and family