



GROUP EXERCISE TIMETABLE

AUGUST 2024

CALL NOW

044 511 133 / 800 FFC UAE (332 823)

ADVANCE BOOKING IS REQUIRED

AUGUST
2024



GROUP EXERCISE
TIMETABLE

| | MAIN STUDIO | | | | | | | POOLSIDE CLASSES | | MEZZANINE AREA | | CYCLE STUDIO | | | |
|-----------|-------------|------------|---------|-------|------------|---------|-----------|------------------|-----------|----------------|--------------|--------------|-----------|---------|---------|
| | 07:00 | 10:00 | 11:00 | 12:00 | 18:10 | 19:15 | 20:20 | 18:10 | 19:15 | 18:00 | 20:00 | 07:00 | 18:10 | 19:15 | 20:20 |
| MONDAY | | | | | | | | | | | | | | | |
| | JULIANA | JULIANA | | | HOUSSAM | JULIANA | ALEXANDRA | ANTON | LARYSA | FITNESS TEAM | FITNESS TEAM | VIRTUAL | JULIANA | LINDA | VIRTUAL |
| TUESDAY | | | | | | | | | | | | | | | |
| | | JULIANA | | | KRISTOFFER | AYOUB | JULIANA | | JULIANA | FITNESS TEAM | FITNESS TEAM | JULIANA | LINDA | LINDA | VIRTUAL |
| WEDNESDAY | | | | | | | | | | | | | | | |
| | WILMER | JULIANA | | | HAYTHAM | HAYTHAM | AMIT | AMIT | ANTON | FITNESS TEAM | FITNESS TEAM | VIRTUAL | JULIANA | LINDA | VIRTUAL |
| THURSDAY | | | | | | | | | | | | | | | |
| | | JULIANA | | | AYOUB | SUE | JULIANA | JULIANA | QUEENSLEY | FITNESS TEAM | FITNESS TEAM | JULIANA | QUEENSLEY | VIRTUAL | VIRTUAL |
| FRIDAY | | | | | | | | | | | | | | | |
| | JEAN | AMIT | | | SUE | JULIANA | | ANTON | ANN | FITNESS TEAM | FITNESS TEAM | VIRTUAL | JULIANA | VIRTUAL | VIRTUAL |
| SATURDAY | | | | | 13:00 | | | | | | | 12:00 | | | |
| | | KRISTOFFER | JULIANA | | JULIANA | | | | | | | JULIANA | VIRTUAL | VIRTUAL | VIRTUAL |
| SUNDAY | | | | | 13:00 | | | | | | | 12:00 | | | |
| | | WILMER | WILMER | ANTON | QUEENSLEY | | | | | | | QUEENSLEY | VIRTUAL | VIRTUAL | VIRTUAL |

DUBAI'S MOST EXCLUSIVE FITNESS DESTINATION

PLEASE ARRIVE ON TIME FOR SCHEDULED CLASSES
NO ENTRY PERMITTED INTO STUDIOS 5 MINUTES AFTER CLASSES HAVE STARTED

SCHEDULE IS SUBJECT TO CHANGE

**AUGUST
2024**



**GROUP EXERCISE
TIMETABLE**



**LES MILLS
VIRTUAL
RPM**

**LES MILLS
VIRTUAL
sprint**

**OUR VIRTUAL RPM AND SPRINT CLASSES ARE EXCITING,
CINEMATIC-QUALITY VERSIONS OF LIVE CLASSES**


































**AVAILABLE THROUGHOUT THE DAY WHEN THERE IS NO
SCHEDULED CLASS IN THE CYCLE STUDIO**















PLEASE ASK THE STAFF FOR MORE DETAILS

AUGUST
2024











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| <p>LES MILLS BODYATTACK</p> <p>A high-energy fitness class combines athletic movements like running, lunging and jumping with strength exercises like push-ups and squats.</p> <p>Burn more calories per minute than in a moderate or low-intensity workout.</p> <p></p> | <p>LES MILLS BODYBALANCE</p> <p>A new generation yoga class that will improve your mind, your body and your life.</p> <p>You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.</p> <p></p> | <p>LES MILLS BODYCOMBAT</p> <p>A total body martial arts workout designed for a maximum calorie burn. The ultimate workout to develop co-ordination and release stress.</p> <p>Destroy calories as you punch and kick your way to fitness. Learn to punch, kick, block and strike.</p> <p></p> | <p>LES MILLS BODYPUMP</p> <p>This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.</p> <p>Using light to moderate weights with lots of repetition.</p> <p></p> |
| <p>LES MILLS CORE</p> <p>An intense 45-minutes scientific core workout exercising muscles around the core for incredible core tone and sports performance.</p> <p>Builds strength, stability and core muscle endurance and improves balance.</p> <p></p> | <p>LES MILLS RPM</p> <p>A thrilling group indoor cycling workout. The ultimate low-impact fat-burning class where you control the intensity, keep the pace and ride to the rhythm.</p> <p></p> | <p>LES MILLS VIRTUAL RPM</p> <p>An indoor cycling workout where you will follow a video with some of the most popular and famous instructors in the world. It's fun, low impact cycling workout that can boost your cardio fitness.</p> <p></p> | <p>LES MILLS VIRTUAL sprint</p> <p>A unique spin on high-intensity interval training, where you will follow a video with some of the most popular and famous instructors in the world. LES MILLS SPRINT uses the power of pedaling to push your cardiovascular fitness and calorie burn to new heights.</p> <p></p> |

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| <p>ZUMBA</p> <p>Zumba is a complete a full-body workout involving cardio. A fusion of Latin and international music with choreographed moves.</p> <p>Improves cardiovascular fitness that will tones and sculpt your body and burn off calories by dancing.</p> <p></p> | <p>PILATES</p> <p>Pilates is a system of repetitive exercises consisting of low-impact flexibility, muscular strength and endurance movements.</p> <p>Developing core strength, proper posture, muscle balance and body awareness through controlled movements.</p> <p></p> | <p>FLOW YOGA</p> <p>Flow Yoga is a mixture of meditation, breath-work and energizing movement.</p> <p>These may include standing poses, balances, inversions and peak poses.</p> <p></p> | <p>HATHA YOGA</p> <p>Hatha Yoga involves a set of physical postures and breathing techniques.</p> <p>It's a form of exercise that develops strength, flexibility, bodily relaxation, and mental concentration.</p> <p></p> | <p>SWING YOGA</p> <p>Feel weightless in a hammock sling suspended from the ceiling allowing you to float with a new sense of release and relaxation.</p> <p>Swing Yoga supports your body through various stretches and inversions to improve flexibility and build strength in your muscles and joints.</p> <p></p> |
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EXCLUSIVE
FIDELITY FITNESS CLUB
SIGNATURE CLASSES

| | | |
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| <p>FIGHT CAMP</p> <p>Embrace the intensity of FightCamp, a 45-minute high-energy workout designed for peak physical fitness, that combines techniques from martial arts training like boxing, Muay Thai, and karate to simulate a real fighter's training regimen.</p> <p>This class is designed to enhance your strength, agility, and endurance. Join us to conquer your fitness goals and unleash your warrior spirit.</p> <p>Participants will need to bring gloves for this class.</p> <p></p> | <p>GROUP CYCLÉ</p> <p>Performed on stationary indoor bikes. It's intense and perfect for building both cardiovascular fitness and muscle tone.</p> <p>Improve your overall physical fitness. Shed fat, improve your heart health, and boost your muscle endurance.</p> <p></p> | <p>FAST CLASS ABS</p> <p>A 15 minutes class designed to target the area we all love to hate!</p> <p>Whether your goal is a 6 pack or a flat stomach, crunch, twist and plank your way to the abs you've always wanted.</p> <p>Get ready to put your core to the test. No registration needed.</p> <p></p> |
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BOXING



CARDIO



CORE



CYCLE



DANCE



ENDURANCE



FLEXIBILITY



LES MILLS
VIRTUAL



COMBAT



MIND /
BODY



STRENGTH