



GROUP EXERCISE TIMETABLE

RAMADAN 2023

23rd MARCH - 23rd APRIL 2023

BOOKING IS REQUIRED

CALL 800 332 823 | 044 511 133 TO BOOK & SECURE YOUR SPOT IN CLASSES

GROUP EXERCISE TIMETABLE



RAMADAN 2023 23rd MARCH - 23rd APRIL

	MAIN STUDIO								POOL SIDE CLASSES		MEZZANINE AREA		CYCLE STUDIO				
	07:00	10:00	11:00	12:00	17:15	19:15	20:15	21:15	19:15	20:15	18:00	20:00	07:00	12:00	17:15	19:15	20:15
MONDAY	LES MILLS BODYPUMP RON	LES MILLS CORE HOUSSAM			LEVELUP RON	LES MILLS BODYPUMP HOUSSAM	LES MILLS BODYCOMBAT BAZI	YOGA SANDEEP	ZUMBA JOSEPH	LES MILLS CORE HOUSSAM	15 MINUTES PART CLASS ABS FITNESS TEAM	15 MINUTES PART CLASS ABS FITNESS TEAM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	GROUP CYCLE HOUSSAM	LES MILLS RPM BAZI	GROUP CYCLE ABDALLAH
TUESDAY		LES MILLS BODYPUMP RON			LES MILLS BODYPUMP RON	LES MILLS BODYATTACK HOUSSAM	FIGHTING FIT HOUSSAM	SWING YOGA AMIT	LES MILLS BODYSTEP SHARON	PILATES GEMMA	15 MINUTES PART CLASS ABS FITNESS TEAM	15 MINUTES PART CLASS ABS FITNESS TEAM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	GROUP CYCLE BAZI	LES MILLS SPRINT BAZI
WEDNESDAY		LEVELUP BAZI			FIGHTING FIT HOUSSAM	LES MILLS BODYCOMBAT HOUSSAM	LES MILLS BODYPUMP HOUSSAM	YOGA AMIT	ZUMBA ANTON	LES MILLS CORE SHARON	15 MINUTES PART CLASS ABS FITNESS TEAM	15 MINUTES PART CLASS ABS FITNESS TEAM	LES MILLS RPM RON	LES MILLS VIRTUAL RPM	LES MILLS RPM RON	LES MILLS SPRINT BAZI	LES MILLS RPM BAZI
THURSDAY		LES MILLS BODYPUMP RON			LES MILLS BODYPUMP RON	LES MILLS BODYATTACK HOUSSAM	FIGHTING FIT HOUSSAM	SWING YOGA FIZA	LES MILLS BODYSTEP SHARON		15 MINUTES PART CLASS ABS FITNESS TEAM	15 MINUTES PART CLASS ABS FITNESS TEAM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	GROUP CYCLE BAZI	LES MILLS VIRTUAL RPM
FRIDAY	LES MILLS BODYPUMP RON	SWING YOGA FIZA			LEVELUP RON	LES MILLS BODYPUMP BAZI	LES MILLS BODYCOMBAT BAZI		ZUMBA ANTON		15 MINUTES PART CLASS ABS FITNESS TEAM	15 MINUTES PART CLASS ABS FITNESS TEAM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	LES MILLS SPRINT BAZI	LES MILLS RPM HOUSSAM	LES MILLS VIRTUAL RPM
SATURDAY		LES MILLS BODYCOMBAT CLARK	LES MILLS BODYPUMP BAZI	YOGA AMIT									LES MILLS VIRTUAL RPM	LES MILLS RPM RON	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM
SUNDAY		LES MILLS BODYSTEP NISREEN	LES MILLS CORE HOUSSAM	PILATES VALIANTSINA									LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL RPM

LOW VOLUME MUSIC CLASS



OUR VIRTUAL RPM 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 OUR STAFF FOR MORE DETAILS

DUBAI'S MOST EXCLUSIVE FITNESS DESTINATION

GROUP EXERCISES CLASS DESCRIPTIONS

LES MILLS BODYATTACK

A high-energy fitness class combines athletic movements like running, lunging and jumping with strength exercises like push-ups and squats.

Burn more calories per minute than in a moderate or low-intensity workout.



LES MILLS BODYCOMBAT

A total body martial arts workout designed for a maximum calorie burn. The ultimate workout to develop co-ordination and release stress.

Destroy calories as you punch and kick your way to fitness. Learn to punch, kick, block and strike.



LES MILLS BODYPUMP

This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.

Using light to moderate weights with lots of repetition.



LES MILLS BODYSTEP

BODYSTEP™ a full-body cardio workout with mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.

Burn calories, tone and shape your butt and legs. Improve coordination and agility.



LES MILLS CORE

An intense 45-minutes scientific core workout exercising muscles around the core for incredible core tone and sports performance.

Builds strength, stability and core muscle endurance and improves balance.



LES MILLS RPM

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.



LES MILLS sprint

30 minutes of High-Intensity Interval Training (HIIT) on the indoor bikes to achieve fast results.

Train your body burn calories for hours after the class and push your mental and physical limits.



LES MILLS VIRTUAL RPM

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.



ZUMBA

Zumba is a complete a full-body workout involving cardio. A fusion of Latin and international music with choreographed moves.

Improves cardiovascular fitness that will tones and sculpt your body and burn off calories by dancing.



PILATES

Pilates is a system of repetitive exercises consisting of low-impact flexibility, muscular strength and endurance movements.

Developing core strength, proper posture, muscle balance and body awareness through controlled movements.



YOGA

Yoga is a mind and body practice involving movement, meditation, and breathing techniques.

Improves strength, balance and flexibility. Yoga is about turning inward and focusing on aligning your body and your mind.



SWING YOGA

Feel weightless in a hammock sling suspended from the ceiling allowing you to float with a new sense of release and relaxation.

Swing Yoga supports your body through various stretches and inversions to improve flexibility and build strength in your muscles and joints.



FIDELITY FITNESS CLUB SIGNATURE CLASSES

FIGHTING FIT

A 45 minutes group circuit session that focuses on specific combat disciplines including boxing and kick boxing combinations.

Target goals: weight loss, muscular endurance, emotional de-stress, confidence, fun and cardiovascular fitness.



GROUP CYCLE

Performed on stationary indoor bikes. It's intense and perfect for building both cardiovascular fitness and muscle tone.

Improve your overall physical fitness. Shed fat, improve your heart health, and boost your muscle endurance.



LEVELUP

Level Up your fitness with this 45 minute, full body, pure strength and conditioning workout.

This class focuses on working with heavy weights in low repetition on traditional compound exercises, to ignite significant muscle tone/growth.



FAST CLASSES ABS

A 15 minutes class designed to target the area we all love to hate!

Whether your goal is a 6 pack or a flat stomach, crunch, twist and plank your way to the abs you've always wanted.

Get ready to put your core to the test.

No registration needed.



BOXING



CARDIO



CORE



CYCLE



DANCE



ENDURANCE



FLEXIBILITY



LES MILLS VIRTUAL



MARTIAL ARTS



MIND / BODY



STRENGTH



SUP