



# SAADIYAT BEACH CLUB GROUP CLASSES FOR JANUARY

CLASS RATES: AED 40 FOR MEMBERS | AED 50 FOR NON-MEMBERS

	11:30AM	6:15PM
<b>SUNDAY</b>		FULL BODY CIRCUIT TRAINING AT CABANA SAND AREA 30 MIN
<b>MONDAY</b>	LITE FULL BODY WORKOUT AT CABANA SAND AREA 50 MIN	
<b>TUESDAY</b>	LITE CORE & STRETCHING TRAINING AT CABANA SAND AREA 50 MIN	FULL BODY CIRCUIT TRAINING, AT CABANA SAND AREA 30 MIN
<b>FRIDAY</b>	MEDIUM TO HIGH INTENSITY CIRCUIT TRAINING AT CABANA SAND AREA 50 MIN	
<b>SATURDAY</b>	MEDIUM TO HIGH INTENSITY CARDIO WITH CORE CIRCUIT TRAINING AT CABANA SAND AREA 50 MIN	

**TERMS AND CONDITIONS**

FOR MORE INFORMATION PLEASE CONTACT 055 983 9777.  
 ADVANCED BOOKING IS REQUIRED TO SECURE YOUR SPACE.  
 CLASSES SCHEDULE IS UPDATED ON A WEEKLY BASIS.  
 CLASSES ARE ON FIRST COME FIRST SERVE BASIS.  
 ONCE PURCHASED CLASS FEE IS NON-REFUNDABLE AND NON-TRANSFERABLE.  
 FIRST CLASS IS ON A COMPLIMENTARY BASIS.  
 OPTION OF CLASS PACKAGES ARE AVAILABLE. PACKAGE HAS TO BE USED FOR A MAXIMUM OF 2 MONTHS.