

# MOVE AT FIVE

## Weekly Classes

Residents AED192 | Walk-In AED240

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# MON

6:30pm - 7:30pm

### Sunset Sweat Session

Sweat, lift, and burn through 30 minutes, followed by a stretch and a 5-minute ice bath.

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# WED

7:00am - 8:00am

### Morning Sweat Session

Sweat, lift, and burn through 30 minutes, followed by a stretch and a 5-minute ice bath.

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# FRI

6:30pm - 7:30pm

### Sunset Sweat Session

Sweat, lift, and burn through 30 minutes, followed by a stretch and a 5-minute ice bath.

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Day pass AED90

Day pass + 1 hour of personal training

+ spa pool access AED300

For more info, call 04 455 99 64

Operational Hours: 7am - 7pm daily

Open gym concept not available during classes.

# GROUP CLASSES