



EMIRATES PALACE
ABU DHABI

RESORT ACTIVITY SCHEDULE

October 2021

FITNESS, WELLNESS AND SPORTS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVITY	RUNNING CLUB 5K	SGX SPARTAN TRAINING*	LADIES TENNIS SOCIAL*	BOOT CAMP	RUNNING CLUB 5K	SGX SPARTAN TRAINING*	SUP FITNESS
VENUE	Meet at West Fitness Centre	West Pool Lawn (Outdoors)	Tennis Court 1	West Fitness Terrace (Outdoors)	Meet at West Fitness Centre	West Pool Lawn (Outdoors)	West Watersports
TIME	7AM – 8AM	7AM – 8AM	9AM – 10.30AM	9AM – 9.45AM	7AM – 8AM	7AM – 8AM	7AM – 7.45AM
ACTIVITY	BOLLYWOOD DANCE	STRETCH & RECOVERY	TRX	SPINNING	ABS & BACK	STEP BURN	PILATES FUSION
VENUE	West Fitness Centre	West Fitness Centre	West Fitness Centre	Palace Terrace (Outdoors)	West Fitness Centre	West Fitness Centre	West Fitness Centre
TIME	10AM – 10.45AM	9AM – 9.30AM	10AM – 10.45AM	6PM – 7PM	10AM – 10.45AM	10AM – 10.45AM	10AM – 10.45AM
ACTIVITY	SPINNING	TABATA	VINYASA FLOW YOGA	TENNIS SOCIAL NIGHT*	SUNSET PADDLE	STRETCH & RECOVERY	BEACH VOLLEYBALL
VENUE	Palace Terrace (Outdoors)	West Fitness Centre	West Hilltop (Outdoors)	Tennis Court 1	West Watersports	West Fitness Centre	West Beach
TIME	6PM – 7PM	6PM – 6.45PM	6PM – 7PM	8.30PM – 10PM	5PM – 6PM	6PM – 6.30PM	5PM – 6PM

WEEKEND KIDS ACTIVITIES

For children 6 years and above.

THURSDAY		MUSICAL CHAIR 3PM – 3.45PM Kids Club Dome	CAMEL RIDE DISCOVERY 4PM – 4.45PM Meet at Kids Club Dome		
FRIDAY	JUNIOR YOGA 11AM – 11.45AM West Kids Club Dome	ARTS & CRAFTS 2PM – 2.45PM West Kids Club Dome	BOAT RIDE 3PM – 3.45PM West Watersport Centre	JUNIOR FOOTBALL 4PM – 5PM Junior Football Pitch	MOVIE NIGHT 7PM – 8.30PM Cascade Lawn Area
SATURDAY	OUTDOOR FUN GAMES 11AM – 11.45AM West Kids Club Dome	WATERBALLOON FIGHT 12PM – 12.30PM Junior Football Pitch	BOAT RIDE 1PM – 1.45PM West Watersport Centre	SANDCASTLE BUILDING 4PM – 5PM Junior Football Pitch	

Advance reservations are required for all Fitness, Wellness and Sports as well as Kids Activities. Slots are limited to assure capacity limitations are adhered to. Other COVID-19 precautionary measures are in place.

For all activities, please arrive at least 10 minutes before the activity begins. Please wear appropriate clothing.

For bookings and further information, please contact the **Beach Club Reception** via +971 (2) 690 7311 or extension 7311.

INSTRUCTOR SPOTLIGHT



TINA BOCK
Kpjayi Authorized Level II
Ashtanga Yoga Instructor
Tuesdays, 6PM



ALVIN ARZADON
Spartan Global Brand Ambassador
Certified Spartan SGX Coach
Mondays & Fridays, 7AM



MATT TOURVILLE
Triathlete
Certified Spinning Instructor
Sundays & Wednesday, 6PM

SPECIAL EVENTS

- 15 October | **AD SUP Club Sunset Paddle**
- 17 October | **Spartan “Road to Liwa” Workshop**
- 20 October | **Full Moon Soundbath and Cacao Ceremony**
- 22, 23, 29 & 30 October | **The Junior Lifeguard Camp, supported by DSS Dubai**
- 30 October | **Sip & Paint at the Palace**
- 31 October | **Halloween Family Day Out**

RATES

Fitness, Wellness & Sports Activities

Complimentary for Hotel Guests and Beach Club Members (except for activities marked with *)
Activities marked * and for external guest drop-in: AED95 for Tennis,
AED90 for Spartan SGX Training (AED700 for 10 sessions), AED80 for other sessions.

Kids Activities

Complimentary for Hotel Guests and Beach Club Members.

TERMS & CONDITIONS FOR FITNESS, WELLNESS AND SPORTS ACTIVITIES

- Reservations are required for all activities, are Minimum of 2 confirmed booking for the class to run, in case of less then 2 booking the activity will be cancelled.
- It is requested to reserve booking 24 hours in advance
- Participants are requested to arrive on time as the activities start promptly as advertised.
- Children between the age of 14-17 years must be accompanied by an adult over 21 years.
- While utilizing the gym and group class No children under 14 years of age will be allowed in the gym for any reason.
- Class schedule changes may occur. Any such changes will be communicated accordingly
- For more information or reservations, please call Beach Club Reception at +971 (0) 2 690 7311 or the extension 7311 (for hotel guests)
- Visitors to carry personal hygiene kits, and use their own towels. No towels may be provided by the hotel.
- All members will be required to wear their face masks upon entering the fitness suite and at all times while doing the group classes masks may only be lowered while intense work out
- The number of guests allowed to use the fitness studio at one time shall not exceed capacity of 07 person including the instructor



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