



## FITNESS CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MO MAX</b> 10:00 AM	<b>MO FLY</b> 10:00 AM	<b>TAEKWONDO KIDS</b> 10:00 AM (\$)	<b>MO DANCE</b> 10:00 AM 30 minutes	<b>MO CORE</b> 10:00 AM 30 minutes	<b>MO YOGA</b> 9:00 AM	<b>MO STRETCH</b> 9:00 AM 30 minutes
<b>MO BOX</b> 5:00 PM	<b>MO CORE</b> 5:00 PM 30 minutes	<b>MO MAX</b> 5:00 PM	<b>MO FLY</b> 5:00 PM	<b>MO BOX</b> 1:30 PM	<b>MO MAX</b> 1:30 PM	<b>TAEKWONDO KIDS</b> 3:00 PM (\$)

### Private Sessions

Personal Training (\$) One hour	Yoga (\$) One hour	Boxing (\$) One hour	Swimming Lessons (\$) Adults One hour Children 45 minutes	Junior Lifeguard (\$) 1 hour 30 minutes
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(\$) - represents a chargeable class experience  
Classes are 45 minutes unless otherwise stated

For more information, please call +971 4 777 2222 or email modub-fitness@mohg.com.