



## FITNESS CLASS TIMETABLE

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

**MO MAX  
10:00 AM**

**MO FLY  
10:00 AM**

**MO BOX  
10:00 AM**

**MO DANCE  
10:00 AM**

**MO CORE  
10:00 AM  
30 minutes**

**MO BOX  
10:00 AM**

**MO YOGA  
9:00 AM**

**MO FLY  
1:30 PM**

**MO MAX  
1:30 PM**

**TAEKWONDO  
KIDS  
3:00 PM  
(\$)**

**MO BOX  
5:00 PM**

**MO CORE  
5:00 PM  
30 minutes**

**MO MAX  
5:00 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

(\$) - 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](mailto:modub-fitness@mohg.com).