



FITNESS CLASS TIMETABLE

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

	MO BOX 10:00 AM	MO MAX 10:00 AM	MO DANCE 10:00 AM	MO CORE 10:00 AM	MO FLY 10:00 AM	MO YOGA 9:00 AM
MO MAX 1:30 PM			MO FLY 1:30 PM		MO BOX 1:30 PM	MO DANCE 1:30 PM
	MO CORE 5:00 PM	MO YOGA 5:00 PM		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
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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.