

Weekly Classes

Residents AED75 | Walk-In AED100

MOVE
AT FIVE

MON

6:30pm - 7:15pm

Move at FIVE Circuit

WED

7:30am - 8:15am

Beach Body Bootcamp

FRI

7:30am - 8:15am

Move at FIVE Circuit

SAT

7:15am - 9:30am

Meditation - Yoga Flow

Hiit & Fitness Games

Breathwork - Sadhu Nail Board - Ice Bath

SUN

7:15am - 9:30am

Meditation - Yoga Flow

Hiit & Fitness Games

Breathwork - Sadhu Nail Board - Ice Bath

6:30pm - 8:00pm

Sunset Yoga - Breathwork - Ice Bath

For more info, call 04 455 99 64

**GROUP
CLASSES**