

## Weekly Classes

[AED 189]

Classes include stretching + 5 min Ice Bath

**MOVE**  
AT FIVE

### CIRCUIT TRAINING WITH WEIGHTS + ICE BATH

From calorie-burning circuits to ice-cold recovery—crush your workout at Dubai's coolest beach gym and top it off with a refreshing ice bath to reset and recharge.

#### **MON**

7:30AM - 8:30AM

#### **FRI**

7:30AM - 8:30AM & 5:00PM - 6:00PM

#### **WED**

7:30AM - 8:30AM

#### **SAT**

9:30AM - 10:00AM

#### SESSION INCLUDES:

- Free valet parking
- Fresh towel
- Drinking water

#### IMPORTANT INFORMATION:

Please arrive 15 minutes before your scheduled session to ensure a smooth and undisturbed experience.

- Day pass AED90
- Day pass + 1 hour of personal training
- + spa pool access AED300

For more info, call 04 455 99 64

Operational Hours: 7am - 7pm daily

Open gym concept not available during classes.

**GROUP  
CLASSES**