

## Weekly Classes

[AED 189]

Classes include stretching + 5 min Ice Bath

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**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 & 6:00PM - 7:00PM

**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.

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- Day pass AED90
  - Day pass + 1 hour of personal training
  - + spa pool access AED300
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For more info, call 04 455 99 64

Operational Hours: 7am - 7pm daily

Open gym concept not available during classes.

**GROUP  
CLASSES**