



الفرسان
AL FORSAN
منتج رياضي دولي
INTERNATIONAL SPORTS RESORT

FITNESS CLASSES SCHEDULE 2023

Sun Mon Tues Wed Thur Fri Sat

BODY PUMP
MARIA
4PM-5PM

KARATE
(KIDS)

TABATA
(L) MAY

5PM-6PM

GYMNASTIC
(KIDS)

5PM-6PM

KARATE
(KIDS)

5PM-6PM

GYMNASTIC
(KIDS)

5PM-6PM

GYMNASTIC
(KIDS)

HIIT (M)
SIDDIQ

5PM-6PM

TABATA (M)
SIDDIQ

6PM-7PM

LOWER BODY
BLAST(L)MAY

6PM-7PM

CIRCUIT
TRAINING(M)
MARIA

6PM-7PM

LOWER BODY
BLAST(L)MAY

6PM-7PM

CIRCUIT
TRAINING(M)
MARIA

6PM-7PM

BELLY
DANCE
(LADIES)

7PM-8PM

BELLY
DANCE
(LADIES)

8PM-9PM

GROUP CLASSES

MEMBER AED 45.00

NON-MEMBER AED 55.00 PER CLASS

PACKAGE

10 CLASSES = AED 450.00 FOR MEMBERS

10 CLASSES = AED 550.00 FOR NON-MEMBER