

ADULT GROUP PROGRAMS



RATE / DAY	GROUP	HOURS / DAY	DAYS
125 AED	Beginners	1 hour	Mon-Wed-Fri-Sat
	Intermediate	1 hour	Mon-Wed-Fri-Sat
	Advanced	1 hour	Mon-Wed-Fri-Sat
	Cardio	1 hour	Tue-Thu

RATE / PACKAGE OF 5	GROUP	HOURS / DAY	DAYS
575 AED (115 AED / hr)	Beginners	1 hour	Mon-Wed-Fri-Sat
	Intermediate	1 hour	Mon-Wed-Fri-Sat
	Advanced	1 hour	Mon-Wed-Fri-Sat
	Cardio	1 hour	Tue-Thu

RATE / PACKAGE OF 10	GROUP	HOURS / DAY	DAYS
1 100 AED (110 AED / hr)	Beginners	1 hour	Mon-Wed-Fri-Sat
	Intermediate	1 hour	Mon-Wed-Fri-Sat
	Advanced	1 hour	Mon-Wed-Fri-Sat
	Cardio	1 hour	Tue-Thu

RATE / PACKAGE OF 24	GROUP	HOURS / DAY	DAYS
2 600 AED (108,50 AED / hr)	Beginners	1 hour	Mon-Wed-Fri-Sat
	Intermediate	1 hour	Mon-Wed-Fri-Sat
	Advanced	1 hour	Mon-Wed-Fri-Sat
	Cardio	1 hour	Tue-Thu

NOTE: ALL RATES ARE SUBJECT TO ADDITIONAL 5% VAT