



GROUP EXERCISE TIMETABLE

7TH - 30TH APRIL 2025

**BOOK NOW
THROUGH
THE**  **THE
FIDELITY
FITNESS APP**

ADVANCE BOOKING IS REQUIRED

**7TH - 30TH
APRIL 2025**



**GROUP EXERCISE
TIMETABLE**

	POOLSIDE CLASSES						CYCLE STUDIO				
	07:00	10:00	11:00	12:00	18:10	19:15	20:20	07:00	18:10	19:15	20:20
MONDAY	L. DORNALL'S BODYPUMP	CORE			ZUMBA	L. DORNALL'S BODYPUMP	PILATES	VIRTUAL RPM	GROUP CYCLE	L. DORNALL'S RPM	VIRTUAL RPM
	JULIANA	JULIANA			ANTON	JOHN	JOHN	VIRTUAL	JOHN	JULIANA	VIRTUAL
TUESDAY		L. DORNALL'S BODYPUMP			L. DORNALL'S BODYCOMBAT	L. DORNALL'S BODYBALANCE	CORE	GROUP CYCLE	RPM	GROUP CYCLE	VIRTUAL RPM
		JOHN			JOHN	JOHN	JULIANA	JOHN	LINDA	JULIANA	VIRTUAL
WEDNESDAY	L. DORNALL'S BODYCOMBAT	CORE			ZUMBA	PILATES	L. DORNALL'S BODYPUMP	VIRTUAL RPM	GROUP CYCLE	L. DORNALL'S RPM	VIRTUAL RPM
	JOHN	JULIANA			ANTON	JOHN	JULIANA	VIRTUAL	LINDA	JULIANA	VIRTUAL
THURSDAY		L. DORNALL'S BODYPUMP			L. DORNALL'S BODYBALANCE	L. DORNALL'S BODYCOMBAT	CORE	L. DORNALL'S RPM	L. DORNALL'S RPM	GROUP CYCLE	VIRTUAL RPM
		JOHN			JULIANA	JOHN	JULIANA	JULIANA	QUEENSLEY	JULIANA	VIRTUAL
FRIDAY	L. DORNALL'S BODYPUMP	YOGA			ZUMBA	L. DORNALL'S BODYPUMP	YOGA	VIRTUAL RPM	GROUP CYCLE	L. DORNALL'S RPM	VIRTUAL RPM
	JULIANA	AMIT			ANTON	JOHN	JOHN	VIRTUAL	JOHN	JULIANA	VIRTUAL
SATURDAY		L. DORNALL'S BODYPUMP	L. DORNALL'S BODYCOMBAT	YOGA				18:00 L. DORNALL'S RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM
		JULIANA	JULIANA	AMIT				JULIANA	VIRTUAL	VIRTUAL	VIRTUAL
SUNDAY		L. DORNALL'S BODYCOMBAT	PILATES	ZUMBA				18:00 GROUP CYCLE	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM
		JOHN	JOHN	ANTON				JOHN	VIRTUAL	VIRTUAL	VIRTUAL

PLEASE NOTE - TIMETABLE MAY BE SUBJECT TO CHANGES DURING THIS PERIOD DUE TO THE UPCOMING REFRUBISHMENT - WITH THE AIM OF ENHANCING OUR MEMBER'S EXPERIENCE.

DUBAI'S MOST EXCLUSIVE FITNESS DESTINATION

PLEASE ARRIVE ON TIME FOR SCHEDULED CLASSES
NO ENTRY PERMITTED INTO STUDIOS 5 MINUTES AFTER CLASSES HAVE STARTED

**7TH - 30TH
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**LES MILLS
VIRTUAL
RPM**

**LES MILLS
VIRTUAL
sprint**

**OUR VIRTUAL RPM AND SPRINT CLASSES ARE EXCITING,
CINEMATIC-QUALITY VERSIONS OF LIVE CLASSES**

**AVAILABLE THROUGHOUT THE DAY WHEN THERE IS NO
SCHEDULED CLASS IN THE CYCLE STUDIO**

PLEASE ASK THE STAFF FOR MORE DETAILS

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BOOK NOW!
USING FIDELITY FITNESS CLUB APP.










SCAN TO DOWNLOAD THE APP!



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<p>LES MILLS BODYBALANCE</p> <p>A new generation yoga class that will improve your mind, your body and your life.</p> <p>You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.</p> 	<p>LES MILLS BODYCOMBAT</p> <p>A total body martial arts workout designed for a maximum calorie burn. The ultimate workout to develop co-ordination and release stress.</p> <p>Deliver calories as you punch and kick your way to fitness. Learn to punch, kick, block and strike.</p> 	<p>LES MILLS BODYPUMP</p> <p>This full body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.</p> <p>Using light to moderate weights with lots of repetition.</p> 	<p>LES MILLS CORE</p> <p>An intense 45-minute scientific core workout, exercising muscles around the core for incredible core tone and sports performance.</p> <p>Buils strength, stability and core muscle endurance and improves balance.</p> 
<p>LES MILLS RPM</p> <p>A thrilling group indoor cycling workout. The ultimate low-impact fat-burning class where you control the intensity, keep the pace and ride to the rhythm.</p> 	<p>LES MILLS RPM</p> <p>An indoor cycling workout where you will follow a video with some of the most popular and famous instructors in the world. It's fun, low impact cycling workout that can boost your cardio fitness.</p> 	<p>LES MILLS VIRTURE sprint</p> <p>A unique spin on high intensity interval training where you will follow a video with some of the most popular and famous instructors in the world. LES MILLS VIRTURE uses the power of pedalling to push your cardiovascular fitness and calorie burn to new heights.</p> 	
<p>HATHA YOGA</p> <p>Hatha Yoga involves a set of physical postures and breathing techniques.</p> <p>It's a form of exercise that develops strength, flexibility, body relaxation, and mental concentration.</p> 	<p>PILATES</p> <p>Pilates is a system of repetitive exercises consisting of low-impact flexibility, muscular strength and endurance movements.</p> <p>Developing core strength, proper posture, muscle balance and body awareness through controlled movements.</p> 	<p>ZUMBA</p> <p>Zumba is a complete a full-body workout involving cardio. A fusion of Latin and tropical music with choreographed moves.</p> <p>Improves cardiovascular fitness that will tone and sculpt your body and burn off calories by dancing.</p> 	

EXCLUSIVE
FIDELITY FITNESS CLUB
SIGNATURE CLASSES

GROUP CYCLE

Performed on stationary indoor bikes, it's intense and perfect for building both cardiovascular fitness and muscle tone.

Improve your overall physical fitness. Shed fat, improve your heart health, and boost your muscle endurance.




BOXING



CARDIO



CORE



CYCLE



COMBAT



DANCE



ENDURANCE



FLEXIBILITY



HIIT



LES MILLS
VIRTUAL



MIND &
BODY



STRENGTH