



GROUP EXERCISE TIMETABLE

MARCH 2025

**BOOK NOW
THROUGH
THE**



ADVANCE BOOKING IS REQUIRED

MARCH 2025



GROUP EXERCISE TIMETABLE

	MAIN STUDIO							POOLSIDE CLASSES		MEZZANINE AREA		CYCLE STUDIO					
	07:00	10:00	11:00	17:10	19:10	20:15	21:20	19:10	20:15	18:00	20:00	07:00	17:10	19:10	20:15		
MONDAY	LES MILLS BODYPUMP			LES MILLS CORE	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	SWING YOGA	ZUMBA	PILATES	15 MINUTES PART CLASS ABS	15 MINUTES PART CLASS ABS	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT
	JULIANA			JULIANA	JOHN	JULIANA	AMIT	ANTON	JOHN	FITNESS TEAM	FITNESS TEAM	VIRTUAL	JOHN	JULIANA	VIRTUAL		
TUESDAY		BELOW THE BELT		LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	FIGHT CAMP		LES MILLS BODYBALANCE		15 MINUTES PART CLASS ABS	15 MINUTES PART CLASS ABS	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT
		JULIANA		JOHN	KRISTOFFER	JOHN		JULIANA		FITNESS TEAM	FITNESS TEAM	VIRTUAL	LINDA	JOHN	VIRTUAL		
WEDNESDAY				LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	SWING YOGA	ZUMBA	PILATES	15 MINUTES PART CLASS ABS	15 MINUTES PART CLASS ABS	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT
				JULIANA	JOHN	JOHN	AMIT	ANTON	QUEENSLEY	FITNESS TEAM	FITNESS TEAM	JULIANA	LINDA	JULIANA	VIRTUAL		
THURSDAY		LES MILLS BODYCOMBAT		LES MILLS BODYPUMP	FIGHT CAMP	LES MILLS BODYATTACK		LES MILLS BODYBALANCE		15 MINUTES PART CLASS ABS	15 MINUTES PART CLASS ABS	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT
		JOHN		JOHN	JOHN	SUE		JULIANA		FITNESS TEAM	FITNESS TEAM	VIRTUAL	JULIANA	VIRTUAL	VIRTUAL	VIRTUAL	
FRIDAY	LES MILLS BODYCOMBAT	SWING YOGA			LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		ZUMBA		15 MINUTES PART CLASS ABS	15 MINUTES PART CLASS ABS	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT
	JOHN	AMIT			JOHN	JULIANA		ANTON		FITNESS TEAM	FITNESS TEAM	VIRTUAL	JULIANA	VIRTUAL	VIRTUAL	VIRTUAL	
SATURDAY		LES MILLS BODYATTACK	LES MILLS BODYPUMP	12:00 YOGA	13:00 BELOW THE BELT							12:00 LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT
		KRISTOFFER	JULIANA	SANDEEP	JULIANA							JULIANA	VIRTUAL	VIRTUAL	VIRTUAL		
SUNDAY		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	12:00 ZUMBA	13:00 PILATES							12:00 GROUP CYCLE	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT	LES MILLS RPM	LES MILLS VIRTUAL RPM	LES MILLS VIRTUAL SPRINT
		JOHN	JOHN	ANTON	JOHN							JOHN	VIRTUAL	VIRTUAL	VIRTUAL		

LOW VOLUME MUSIC CLASS

NO MUSIC CLASS

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

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 OUR STAFF FOR MORE DETAILS.

DUBAI'S MOST EXCLUSIVE FITNESS DESTINATION

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

**GROUP EXERCISE
TIMETABLE**



BOOK NOW!

USING FIDELITY FITNESS CLUB APP.

SCAN TO DOWNLOAD THE APP!



GROUP EXERCISE TIMETABLE



LES MILLS BODYATTACK

A high-energy fitness class combines athletic movements like running, lunging and jumping with strength exercises like push-ups and squats.

Burn more calories per minute than in a moderate or low-intensity workout.



LES MILLS BODYBALANCE

A new generation yoga class that will improve your mind, your body and your life.

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.



LES MILLS BODYCOMBAT

A total body martial arts workout designed for a maximum calorie burn. The ultimate workout to develop co-ordination and release stress.

Destroy calories as you punch and kick your way to fitness. Learn to punch, kick, block and strike.



LES MILLS BODYPUMP

This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.

Using light to moderate weights with lots of repetition.



LES MILLS CORE

An intense 45-minute scientific core workout exercising muscles around the core for incredible core tone and sports performance.

Builds strength, stability and core muscle endurance and improves balance.



LES MILLS RPM

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.



LES MILLS VIRTUAL RPM

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.



LES MILLS VIRTUAL sprint

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 Sprint uses the power of pedaling to push your cardiovascular fitness and calorie burn to new heights.



BOXING



CARDIO



CORE



CYCLE



COMBAT



DANCE



ENDURANCE



FLEXIBILITY



HIIT



LES MILLS
VIRTUAL



MIND &
BODY



STRENGTH

GROUP EXERCISE TIMETABLE



Zumba is a complete a full-body workout involving cardio. A fusion of Latin and international music with choreographed moves.

Improves cardiovascular fitness that will tones and sculpt your body and burn off calories by dancing.



Pilates is a system of repetitive exercises consisting of low-impact flexibility, muscular strength and endurance movements.

Developing core strength, proper posture, muscle balance and body awareness through controlled movements.



Flow Yoga is a mixture of meditation, breath-work and energizing movement.

These may include standing poses, balances, inversions and peak poses.



Hatha Yoga involves a set of physical postures and breathing techniques.

It's a form of exercise that develops strength, flexibility, bodily relaxation, and mental concentration.



Feel weightless in a hammock sling suspended from the ceiling allowing you to float with a new sense of release and relaxation.

Swing Yoga supports your body through various stretches and inversions to improve flexibility and build strength in your muscles and joints.



EXCLUSIVE FIDELITY FITNESS CLUB SIGNATURE CLASSES



A 45-min strength and conditioning class tailored for those seeking to target and enhance their lower body, core, and legs.

In this dynamic class expect challenging, effective movements that not only shape and tone your legs and core but also improve overall balance and hip stability. Perfect for all fitness levels, "Below the Belt" is designed to leave you feeling strong, balanced, and confident.



Embrace the intensity of FightCamp, a 45-minute high-energy workout designed for peak physical fitness, that combines techniques from martial arts training like boxing, Muay Thai, and karate to simulate a real fighter's training regimen.

This class is designed to enhance your strength, agility, and endurance. Join us to conquer your fitness goals and unleash your warrior spirit.

Participants will need to bring gloves for this class.



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.



A 15 minutes class designed to target the area we all love to hate!
Whether your goal is a 6 pack or a flat stomach, crunch, twist and plank your way to the abs you've always wanted.

Get ready to put your core to the test.

No registration needed.



BOXING



CARDIO



CORE



CYCLE



COMBAT



DANCE



ENDURANCE



FLEXIBILITY



HIIT



LES MILLS
VIRTUAL



MIND &
BODY



STRENGTH