



The programs of the health club & sport activities from **5th November – 29th November 2017**

Fees	Category	Thursday	Wednesday	Tuesday	Monday	Sunday	Activity
160 AED	students		9:00 – 10:00 am				CrossFit Exercise
			11:00 – 12:00 pm				
120 AED	non students			3:30-4:30 pm		3:30-4:30 pm	Aerobics
80 AED	students			7:00-8:00 pm		7:00-8:00 pm	
120 AED	students		9:00 – 10:00 am Beginners (Capt Manal)	11:30 – 12:30pm Beginners (Sheryl)	9:00 – 10:00 am Beginners (Capt Manal)	11:30 – 12:30pm Beginners (Sheryl)	Swimming Training
			12:00 – 1:00 pm Advance (Lou)	4:30 – 5:30 pm Beginners (Lou)	12:00 – 1:00 pm Advance (Lou)	4:30 – 5:30 pm Beginners (Lou)	
120 AED	students		11:00 – 12:00 pm Advance (Capt Manal)	6:00 – 7:00pm Beginner (Capt Manal)	11:00 – 12:00 pm Advance (Capt Manal)	6:00 – 7:00pm Beginner (Capt Manal)	
200 AED	non students		3:30-4:30 Pm Beginners (Sheryl)		3:30-4:30 Pm Beginners (Sheryl)		
Free of charge	students	8:00-1:00 pm	8:00-9:00 am	8:00 - 11:30 am	8:00-9:00 am	8:00 - 11:30 am	Freestyle swimming
			10:00-12:00 nn	12:30 – 2:00 pm	10:00-12:00 nn	12:30 – 2:00 pm	
			1:00 – 2:00 pm		1:00 – 2:00 pm		
			5:00-6:00 pm	5:00 – 6:00 pm	5:00-6:00 pm	5:00 – 6:00 pm	
			8:00 – 9:00 pm	8:00 – 9:00 pm	8:00 – 9:00 pm	8:00 – 9:00 pm	
Free of charge	non students	1:00- 4:30 Pm	3:00-5:00 pm				One hour fitness
Free of charge	طالبات students	8:00-1:00 pm	8:00-2:00 pm	8:00-2:00 pm	8:00-2:00 pm	8:00-2:00 pm	
			5:00-8:00 pm	5:00-8:00 pm	5:00-8:00 pm	5:00 -8:00 pm	
Free of charge	non students	1:00 – 4:00 pm	3:00-5:00 Pm				

For registration and subscribing please /Sport building - B1

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