



Student Activity Section/Females
Sport Activities Unit

The programs of the health club from 3 – 27th September 2017

Fees	Category	Thursday	Wednesday	Tuesday	Monday	Sunday	Activity
160 AED	students		9:00 – 10:00 am				cross fit exercises
			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	12:00 – 1:00 pm Advance	9:00 – 10:00 am Beginners	12:00 – 1:00 pm Advance	Swimming Training
			11:00 – 12:00 pm Beginners	5:00 – 6:00 pm Beginners	11:00 – 12:00 pm Beginners	5:00 – 6:00 pm Beginners	
			6:00 – 7:00 pm Beginners	6:00 – 7:00 pm Beginners	6:00 – 7:00 pm Beginners	6:00 – 7:00 pm Beginners	
200 AED	non students		3:30-4:30 Pm Beginners		3:30-4:30 Pm Beginners		
Free of charge	students	8:00-1:00 pm	8:00-9:00 am	8:00-12:00 pm	8:00-9:00 am	8:00-12:00 pm	Freestyle swimming
			10:00-11:00 am		10:00-11:00 am		
			12:00 – 2:00 pm		12:00 – 2:00 pm		
			5:00-6:00 pm	7:00 – 9:00 Pm	5:00-6:00 pm		
			7:00 – 9:00 Pm		7:00 – 9:00 Pm		
Free of charge	non students	1:00- 4:30 Pm	3:00-5:00 Pm				
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	One hour fitness
			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	2:00 – 4:00 Pm	3:00-5:00 Pm				

For registration and subscribing please /Sport building - B1

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