

# SHERATON FITNESS

## Group Fitness Class Schedule

SUNDAY	TIME	CLASS	LOCATION	INSTRUCTOR	ANNUAL MEMBERS	SHORT-TERM MEMBERS	NON MEMBERS
	5:00 PM - 6:00 PM	SPINNING	RESORT	TAREK	FREE	80	80
	6:00 PM - 7:00 PM	SPINNING	RESORT	KAYLEIGH	FREE	80	80
	6:00 PM - 7:00 PM	HIIT	RESORT	AMAR	30	80	80
	7:00 PM - 8:00 PM	FULL BODY STRENGTH WORKOUT	RESORT	SAHEEM	30	80	80
MONDAY	TIME	CLASS	LOCATION	INSTRUCTOR	ANNUAL MEMBERS	SHORT-TERM MEMBERS	NON MEMBERS
	6:00 PM - 7:00 PM	SPINNING	RESORT	KAYLEIGH	FREE	80	80
	7:00 PM - 8:00 PM	BOOTCAMP	RESORT	SAHEEM	30	80	80
TUESDAY	TIME	CLASS	LOCATION	INSTRUCTOR	ANNUAL MEMBERS	SHORT-TERM MEMBERS	NON MEMBERS
	5:00 PM - 6:00 PM	SPINNING	RESORT	TAREK	FREE	80	80
	6:00 PM - 7:00 PM	SPINNING	RESORT	KAYLEIGH	FREE	80	80
	7:00 PM - 8:00 PM	FULL BODY STRENGTH WORKOUT	RESORT	SAHEEM	30	80	80
WEDNESDAY	TIME	CLASS	LOCATION	INSTRUCTOR	ANNUAL MEMBERS	SHORT-TERM MEMBERS	NON MEMBERS
	5:00 PM - 6:00 PM	SPINNING	RESORT	KAYLEIGH	FREE	80	80
	6:00 PM - 7:00 PM	INTENSE CARDIO	RESORT	TAMER	30	80	80
	7:00 PM - 8:00 PM	BOOT CAMP	RESORT	SAHEEM	30	80	80
THURSDAY	TIME	CLASS	LOCATION	INSTRUCTOR	ANNUAL MEMBERS	SHORT-TERM MEMBERS	NON MEMBERS
	6:00 PM - 7:00 PM	BOOT CAMP	RESORT	AMAR	30	80	80
	7:00 PM - 8:00 PM	CIRCUIT TRAINING	RESORT	TAMER	30	80	80
FRIDAY	TIME	CLASS	LOCATION	INSTRUCTOR	ANNUAL MEMBERS	SHORT-TERM MEMBERS	NON MEMBERS
	5:00 PM - 6:00 PM	SPINNING	RESORT	TAREK	FREE	80	80
	6:00 PM - 7:00 PM	BOOT CAMP	RESORT	AMAR	30	80	80
	7:00 PM - 8:00 PM	INTENSE CARDIO	RESORT	TAMER	30	80	80
SATURDAY	TIME	CLASS	LOCATION	INSTRUCTOR	ANNUAL MEMBERS	SHORT-TERM MEMBERS	NON MEMBERS
	5:00 PM - 6:00 PM	SPINNING	RESORT	TAREK	FREE	80	80
	6:00 PM - 7:00 PM	HIIT	RESORT	AMAR	30	80	80
	7:00 PM - 8:00 PM	CIRCUIT TRAINING	RESORT	TAMER	30	80	80

**NOTES**

- Group fitness class is limited to 5 persons only.
- Booking is only accepted same day as the class. No show bookings will not be eligible to book in the next session.
- Guests can only enter and depart via the main hotel entrance when accessing the resort. There will be dedicated valet drivers to accommodate car parking. Alternatively, guests can park at the fitness center however the ground floor resort entrance will be closed.
- Guests need to comply with the entry procedure: 1. Show Ehteraz App 2. Temperature Screening 2. Sign Entrance Sheet
- Indoor fitness facilities will remain close. Only designated outdoor toilets/showers can be used one person at a time.
- For the safety of guests and staff, towels will not be provided.
- Guests and staff must wear proper PPEs and social distancing signage / markings must be followed at all times.

