

CLASS SCHEDULE

March 2025

Drop In Class AED120

Drop In Class FIVE Residents, Teachers & Platinum Card holders AED70

10 Classes Mover Members & FIVE Residents AED600

10 Classes Non-Members AED1000

20 Classes Mover Members AED1000

Unlimited Classes (Includes Shapers Benefits) | AED1200/MONTH

*Preferred rate applies to Platinum Card holders & Teachers

MON

Strength and Conditioning - Upper Body (push)

06:00 - 06:45 | 07:00 - 08:00 | 13:00 - 14:00 | 18:00 - 19:00

TUE

Hyrox Conditioning

06:00 - 06:45 | 07:00 - 08:00 | 13:00 - 14:00 | 18:00 - 19:00

WED

Strength and Conditioning - Lower Body

06:00 - 06:45 | 07:00 - 08:00 | 13:00 - 14:00 | 18:00 - 19:00

THU

Strength and Conditioning - Full Body (pull)

06:00 - 06:45 | 07:00 - 08:00 | 13:00 - 14:00 | 18:00 - 19:00

FRI

Hyrox Conditioning

6:00 - 6:45 | 7:00 - 8:00

Teachers Bootcamp

13:00-14:00

SAT

Community Bootcamp

9:00-10:30

For more info, call 04 99 455 04

or WhatsApp 058 10 124 20

FIVE ► JUMEIRAH VILLAGE

MOVE
AT FIVE