



ALDAR ESTATES

AL BANDAR
AL RAHA BEACH

GYMNASIUM SCHEDULE – AS AT OCTOBER 2011

Services Provided by Alchemy Lifestyle:

What?	When?	Where?
YOGA	Sunday 6.30pm to 7.30pm	The Clubhouse
ZUMBA	Tuesday 9.00am to 10.00am	The Clubhouse
AQUA AEROBICS	Wednesday 6.00pm to 6.45pm	The Clubhouse

Contact Details for Alchemy Lifestyle:

Hayley (YOGA) – P: +971 55 72 66 970 E: hayley@alchemy-lifestyle.com
Stacey (AQUA & ZUMBA) P: +971 50 35 20 502 E: stacey@alchemy-lifestyle.com

Services Provided by Expressions Dance & Drama:

What?	When?	Where?
DIDDY DANCERS 3-4 YRS	Monday 5.15pm to 5.45pm	Dance Studio, The Clubhouse
DANCE CLUB 5-7 YRS	Monday 5.45pm to 6.30pm	Dance Studio, The Clubhouse
DANCE CLUB ADULTS	Monday 6.30pm to 7.30pm	Dance Studio, The Clubhouse

Contact Details for Expressions Dance & Drama:

P: +971 2 448 2778 E: dancing@emirates.net.ae W: www.expressions-dance.net

Services Provided by Professional Sports Services (PSS):

What?	When?	Where?
Tennis Lessons	On Appointment	Tennis Court, Al Bandar
Swimming Lessons	On Appointment	Lap Pools, Al Bandar
Personal Training	On Appointment	Gymnasium, The Clubhouse

Contact Details for PSS:

Willem (ALL) - P: +971 50 705 36 86 E: willem@pss-emirates.com W: www.pss-emirates.com