



uenergy

U Energy Dubai - Building 4 - The Gate Village
Dubai International Financial Centre

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CLASS SCHEDULE	7AM	8AM	11AM	1PM	5PM	6:30PM	7PM
SUNDAY				U LIFT		U SPIN	U MMA
MONDAY	U FIT			U BODY			U FIT
TUESDAY		U FIT		U FORCE		U SPIN	U MMA
WEDNESDAY	U FIT			U LIFT			U FIT
THURSDAY		U FIT		U BOX			U FORCE
FRIDAY			U FIT				

U FIT

Make the most of the best training facility in town with our u fit class. Here we focus on general fitness and no two workouts will ever be the same. Lift, throw, jump and slam yourself into the best shape of your life.

U MMA

A great class for beginners to learn Mixed Martial Arts without the fear of a broken arm. This class combines striking, wrestling and submission grappling into both a skill and an awesome workout. Reach your maximum potential with our specially designed technique and fitness classes, and experience real MMA techniques in a professional and controlled environment. If you like a challenge... then what are you waiting for?

U BOX

Receive all the benefits of a professional boxing workout, without the black-eyes, in our boxing circuit training workout. Learn how to punch, duck and weave your way to peak physical condition. If you're not fighting fit, you're not fit!

U FORCE

Learn the dynamics of Olympic lifting, kettle-bell techniques, powerbags, chains and ropes in a resistance based explosive circuit that will teach you techniques that will stay with you and change the way you train forever. Unleash your inner force!