



Group Training Sessions 14th - 21st November			
Dates	Time	Training	Details
Thursday, 14th November	05:30 AM To 6:15AM	Strength and Conditioning Kite beach	Coach Barbara will be putting you through your paces. The focus is functional training. AED 30 per session
Thursday, 14th November	6:30 AM To 7AM	Openwater sea swim Kite beach	
Thursday, 14th, 15th, 16th November		Joe Friel Tri Camp	For full details, please see below link Tri camp full details
Friday, 15th November		Self coached due to Tri camp	
Saturday, 16th November		Self coached due to Tri camp	
Monday 18th November	06:00AM	Strength and Conditioning Kite beach	Coach Tessa will be putting you through your paces. The focus is functional training . AED 30 per session.
Tuesday 19th November	06:00AM	Swimfit: Hamdan pool	Charged at AED 50 per session.
Wednesday, 20th November	06:00AM	Bike intervals DXB Bike	With Coach Barbara.
Thursday 21st November	05:30 To 6:15AM	Strength and Conditioning Kite beach	Coach Tessa will be putting you through your paces. The focus is functional training . AED 30 per session.
Thursday 21st November	6:30am- To 7:00AM	Openwater sea swim Kite beach	