



WEEKLY GROUP SESSIONS OCTOBER 2015

SWIM . BIKE . RUN

DAY	TIME	PLACE	ACTIVITY
Sunday	All Day	Wherever	Rest
Monday	19:00 to 20:30	Multiple Locations	Run with Train.Me
Tuesday	06:00 to 07:00	Tecom	Masters Swim with Dubai Masters Swimming Club
Wednesday	18:00 to 21:00	Autodrome	Bike Run with Train.Me
Thursday	06:00 to 07:00	The Palm	Strength & Conditioning with Nick Train.Me
Friday	05:00 to 09:00 06:00 to 09:00	Al Qudra	Advanced Bike Run with Train.Me Beginners Bike Run with Train.Me
Saturday	06:30 to 07:30	Roy's Beach	Open Water Swim with TriDubai

For more info contact Nick at TrainMe

T. 055 9981000

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Note: For confirmation of all timings & locations please check WhatsApp



DUBAI MASTERS
SWIMMING CLUB

