

WHAT: Sports Classes – Group, Private, Semi-Private Lessons

WHERE: SISD Campus

FOR WHOM: Students and Parents (SISD and non-SISD)

WITH WHOM: Bespoke Ride

WHEN: Weekdays: Before 8:00 AM and after 5:00 PM
Weekends: At selected times

Swim Squad - Designed to meet the individual needs of all swimmers who wish to take part in this healthy and fun sport. Our swim squads are tailored for all levels of swimmers from the beginner to more competitive athlete. Our coaches focus on the technical aspects of swimming to help you become more efficient.

- Sunday – 6:00-7:00 AM
- Thursday – 6:00-7:00 AM
- 60 AED / session

Running Technique

Focused on running skills and movement correction, this specific running session is open to all levels of runners. It is a perfect session for those who are looking to improve their ability to run more efficiently and effortlessly. It is also a good workout to improve endurance and overall fitness.

- Tuesday – 5:30-7:00 AM
- 85 AED / session

Threshold Track Session

Also called Interval Training, the main goal of this session is to work on the maximum aerobic capacity to increase the ability to sustain faster running speed. Focusing on individual pace / rest ratio.

- Wednesday – 5:30-7:00 AM
- 35 AED / session

Personal Training

- 1 session = 315 AED
- 10 sessions = 294 AED / session (60 days)
- 20 sessions = 279 AED / session (90 days)
- 30 sessions = 263 AED / session (120 days)

Semi-Private Training (1 to 4 clients per session)

- 2x / week (1,470 AED / month)
- 3x / week (1,890 AED / month)

For more information and bookings, please contact Bespoke Ride

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