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Features writer Ashleigh gets stuck in at Krav Maga

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KRAV MAGA

In a nutshell:

A hands-on self-defence class at the first studio in Dubai to be licensed to teach Krav Maga.

The Lowdown:

Ever wanted to punch, kick, slap or even throttle your trainer mid-workout? So have we, and we've found a workout where that's encouraged.

Oryx Fit is the first studio in Dubai to be licensed to teach Krav Maga, a contact combat self-defence system that sources its techniques from

aikido, judo, muay thai, boxing and wrestling.

Personal trainer Ahmed Ateek will simulate a number of (quite scary and realistic) exercises in which you might find yourself having your purse wrenched from your hands, and will teach you how exactly to defend yourself.

Ateek has been doing this for close to 11 years, and bears the scars of classes past. We practise in pairs and learn straightforward methods to get out of any untoward scenario. Ateek has been known to get so involved in making the classes as realistic as possible, he once

brought in an electric knife as a prop.

The verdict:

Ateek stresses that it's just as much about knowledge as it is about a good workout, though after an hour we exit the gym with a smile and a forehead glistening with sweat – it's not every day you get to inflict pain on your personal trainer.

🏠 *Oryx Fit Dubai, Sarab 4, Omart Building, Dubai, Sat to Thu 10am to 11pm, Dhs85, Dhs340 for six classes Dhs680 for ten classes, Tel: (050) 6569534. Taxi: Omart Building, near Global Village. oryxfit.com*



RUNNING CLUBS

How to keep inspired this summer

Adidas Runners

Part of a global running movement, this club does a mixture of distance running, speed work and interval training at locations all around the city, including Dubai Marina and Kite Beach. All sessions are free and they even do sunrise yoga for runners as well as women's only run sessions.

👉 mena.adidas.com

Lululemon Run Club

More than just a spot to get your envy-worthy yoga leggings, Lululemon also hosts a More Than Miles run club, designed to get everyone from beginners to advanced athletes moving together. Held on Saturday mornings at 8am in Dubai Marina, it's hosted by holistic health coach Heidi Jones, who also gives short talks on everything from goal-setting to nutrition.

🏠 *Dubai Marina Mall, Sat 8am, free. Tel: (04) 3958527. Metro: JLT. facebook.com/lululemonMiddleEast*