

MARCH 2019 EVENT PLANNER



FRIDAY 8TH MARCH 2019 / TRIBEFIT DUBAI MARINA					
HOLLISTIC STUDIO		MAIN STUDIO		CYCLING STUDIO	
09.00 - 10.45	BODYBALANCE 83	11.15 - 13.00	BODYPUMP 109	13.00-14.30	RPM 82
13.15 - 14.30	CXWORX 34	13.15 - 15.00	BODYPUMP 109	15.00-16.15	SPRINT 15
15.00-16.45	BODYJAM 88	15.15 - 17.00	BODYCOMBAT 79		
17.00-18.30	SH'BAM 35	17.15 - 19.00	BODYATTACK 104		
FRIDAY 8TH MARCH 2019 / FITNESS FIRST BURJUMAN CENTRE					
MAIN STUDIO		MIND & BODY STUDIO		CYCLING STUDIO	
10.15-12.00	BODYPUMP 109			12.30-14.00	RPM 82
12.15-14.00	BODYSTEP 115	11.45-13.30	LES MILLS TONE 5		
14.15-16.00	BODYATTACK 104	13.45-15.30	BODYBALANCE 83		
16.15-18.00	BODYCOMBAT 79	15.45-16.15	LES MILLS BARRE 6 Masterclass		
18.15-19.30	GRIT Strength 28				
SATURDAY 9TH MARCH 2018 / ABU DHABI COUNTRY CLUB					
STUDIO 5		STUDIO 7		STUDIO 1	
08.00-09.45	BODYPUMP 109	08.00-09.45	BODYBALANCE 83	10.00-11.30	RPM 80
10.00-11.45	BODYSTEP 115	10.00-11.15	CXWORX 34	14.00-15.15	SPRINT 13
12.00-13.45	GRIT Strength 28	11.30-12.45	LES MILLS BARRE 6 Masterclass		
14.00-15.45	BODYCOMBAT 79	13.00-14.30	SH'BAM 35		
16.00-17.45	LES MILLS TONE 5	14.45-16.30	BODYJAM 88		
18.00-19.45	BODYATTACK 104				

MARCH 2019 EVENT PLANNER

LES MILLS

QUARTERLY WORKSHOP

FRIDAY 15TH MARCH / REPS STUDIO BAHRAIN

09.00-10.45	BODYPUMP 109
11.00-12.45	BODYATTACK 104

SATURDAY 16TH MARCH / GOLD'S GYM JORDAN

08:00-09:45 am	BODYPUMP 109
10:00 -11:45 am	BODYCOMBAT 79
12:00-01:15 pm	GRIT 28 Strength
01:30-02:45 pm	CXWORX 34 MC
03:00-04:45 pm	BODYATTACK 104

FRIDAY 15TH MARCH / AL CORNICHE CLUB KUWAIT

MAIN STUDIO		STUDIO 2	
08:00-09:15 am	GRIT28 Strength	08:45-09:15	CXWORX Education
09:30 -10:00 am	CXWORX 34 MC		
10:15-12:00 pm	BODYCOMBAT 79		
12:15-02:00 pm	BODYPUMP 109		
02:15-04:00 pm	BODYATTACK 104		

FRIDAY 22ND MARCH / KINETICO RIYADH

MAIN STUDIO		CYCLING STUDIO	
09.00-10.45	BODYPUMP 109	11.00-12.30	RPM 82
11.00-12.45	BODYATTACK 104	12.45-14.00	SPRINT 15
13.00-14.45	BODYCOMBAT 79		
15.00-16.30	LES MILLS TONE 5		
16.45-18.00	GRIT STRENGTH 28		

SATURDAY 23RD MARCH / GOLD'S GYM JEDDAH

MAIN STUDIO		CYCLING STUDIO	
09.00-10.45	BODYPUMP 109	11.00-12.30	RPM 82
11.00-12.45	BODYATTACK 104	12.45-14.00	SPRINT 15
13.00-14.45	BODYCOMBAT 78		
15.00-16.30	LES MILLS TONE 6		
16.45-18.15	GRITH STRENGTH 28		