

DUBAI FITNESS CHALLENGE

LES MILLS x REEBOK CLASS TIMETABLE

LIVE CLASSES @ KITE BEACH

DATE	DAY	TIME	PROGRAM
30-Oct	Friday	2.15pm	BODYJAM/SHBAM
1-Nov	Sunday	8.30pm	BODYCOMBAT
5-Nov	Thursday	6pm	SH'BAM
8-Nov	Sunday	9.30pm	LES MILLS GRIT
12-Nov	Thursday	9.30pm	BODYCOMBAT
15-Nov	Sunday	9.30pm	BODYJAM
19-Nov	Thursday	6pm	BODYBALANCE
22-Nov	Sunday	9.30pm	BODYCOMBAT
26-Nov	Thursday	7.30pm	LES MILLS TONE
28-Nov	Saturday	1.15pm	BODYCOMBAT

ONLINE CLASSES @REEBOKMENA IG PAGE

DATE	DAY	TIME	PROGRAM
3-Nov	Tuesday	7pm	Les Mills GRIT
10-Nov	Tuesday	7pm	BODYJAM/SHBAM
17-Nov	Tuesday	7pm	BODYCOMBAT
24-Nov	Tuesday	7pm	BODYPUMP

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