

# QUARTERLY 4 WORKSHOPS MASTERCLASSES BAHRAIN

Fitness First Juffair – March 5<sup>th</sup> , Friday

## Main Studio

TIME	PROGRAM
10.00-10.45	BODYPUMP 116
11.15-11.45	GRIT Cardio 35
12.15-13.00	BODYATTACK 111

**LES MILLS**

# QUARTERLY 4 WORKSHOPS MASTERCLASSES JORDAN

Gold's Gym Amman – March 5<sup>th</sup> , Friday

## Main Studio

TIME	PROGRAM
10.00-10.45	BODYPUMP 116
11.15-11.45	GRIT Cardio 35
12.15-13.00	BODYATTACK 111
13.30-14.15	BODYCOMBAT 86