

# QUARTERLY 1 WORKSHOPS LIVE MASTERCLASSES ABU DHABI

ABU DHABI COUNTRY CLUB – March 5<sup>th</sup>, Friday

## Studio 5

TIME	PROGRAM
9.30-10.15	BODYPUMP 116
10.45-11.30	BODYPUMP 116
12.00-12.30	GRIT Cardio 35
13.00-13.45	BODYSTEP 122
14.15-15.00	BODYCOMBAT 86
15.30-16.130	BODYATTACK 111

## Studio 3

TIME	PROGRAM
12.20-12.50	Les Mills BARRE 13
13.20-14.10	Les Mills TONE 12

## Studio 7

TIME	PROGRAM
14.00-14.45	Les Mills CORE 41
15.00-15.45	SH'BAM 42
16.15-17.00	BODYBALANCE 91

## Cycling Studio

TIME	PROGRAM
11.05-11.50	RPM 89
12.30-13.00	SPRINT 22

# QUARTERLY 1 WORKSHOPS LIVE MASTERCLASSES DUBAI

**FITNESS FIRST BURJUMAN – March 6<sup>th</sup> , SATURDAY**

## **Main Studio**

TIME	PROGRAM
8.30-9.15	BODYPUMP 116
9.35-10.20	BODYPUMP 116
10.40-11.25	BODYATTACK 111
11.45-12.30	BODYCOMBAT 87
12.50-13.35	BODYCOMBAT 87
13.50-14.20	GRIT Cardio 35
14.40-15.25	BODYCOMBAT 87
15.45-16.30	BODYSTEP 122
16.50-17.35	BODYPUMP 116
17.50-18.35	BODYBALANCE 91

## **Cycling Studio**

TIME	PROGRAM
11.50-12.35	RPM 89
12.40-13.25	RPM 89
13.45-14.15	SPRINT 22
14.35-15.20	RPM 89

# QUARTERLY 1 WORKSHOPS LIVE MASTERCLASSES DUBAI

**FITNESS FIRST BURJUMAN – March 6<sup>th</sup> , SATURDAY**

## **Mind and Body Studio**

<b>TIME</b>	<b>PROGRAM</b>
11.50-12.20	Les Mills BARRE 13
12.40-13.25	Les Mills CORE 41
13.45-14.30	BODYATTACK 111
14.50-15.35	Les Mills TONE 12
15.50-16.35	BODYJAM 95
16.50-17.35	SH'BAM 42