

LES MILLS

BAHRAIN

Fitness First Bahrain

5th JUNE 2021

MAIN STUDIO

10.00 – 10.45

BODYPUMP

Anna

11.00 – 11.30

GRIT CARDIO

Mahmood

11.45 – 12.30

BODYATTACK

Anna

**QUARTERLY 2
WORKSHOPS 2021**

visit: www.lesmills.com/ae

email: imea.instructor@lesmills.com