

LES MILLS

RIYADH FEMALE

Fit Forever Fitness

4th JUNE 2021

MAIN STUDIO

10.00 – 10.45

BODYBALANCE

Amal

**QUARTERLY 2
WORKSHOPS 2021**

visit: www.lesmills.com/ae
email: imea.instructors@lesmills.com

LES MILLS

JEDDAH FEMALE

Gold's Gym Jeddah

5th JUNE 2021

MAIN STUDIO

10.00 – 10.45

BODYATTACK

Reem, Eman
Anoud

11.45 – 12.15

GRIT CARDIO

Anoud,
Eman

11.00 – 11.45

BODYCOMBAT

Reem,
Rawan

CYCLING STUDIO

11.00 – 11.30

SPRINT

Rawan

13.45 – 14.30

RPM

Rawan

**QUARTERLY 2
WORKSHOPS 2021**

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LES MILLS

JEDDAH MALE

Gold's Gym Jeddah

4th JUNE 2021

MAIN STUDIO

17.00 – 17.45

BODYPUMP

Ibaa

18.15 – 18.45

GRIT CARDIO

Ibaa

**QUARTERLY 2
WORKSHOPS 2021**

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