

RIYADH
AL MANAHIL

27TH MAY

BODYPUMP

10.00 - 10.45

BODYCOMBAT

11.00 - 11.45

EDUCATION

12.00 - 12.30

BODYBALANCE

12.45 - 13.30

JEDDAH

B-IT KENANAH (MALE)

27TH MAY

BODYPUMP

18.00 - 19.00

BODYATTACK

19.35 - 20.35

EDUCATION

20.40 - 21.10

JEDDAH

B-IT KENANAH (FEMALE)

28TH MAY

MAIN STUDIO

BODYATTACK

10.00 - 10.45

BODYCOMBAT

10.55 - 11.40

EDUCATION

11.45 - 12.15

GRIT STRENGTH

13.00 - 13.30

CYCLE

SPRINT

13.45-14.15

RPM

14.30-15.15