

RIYADH

FITNESS TIME-MALGA (LADIES)

25TH NOV

BODYBALANCE
MASTERCLASS
AND **EDUCATION**

10.00-11.15

BODYPUMP
MASTERCLASS
AND **EDUCATION**

11.30-12.45

BODYCOMBAT
MASTERCLASS
AND **EDUCATION**

13.00-14.15

LES MILLS RPM
MASTERCLASS
AND **EDUCATION**

14.30-15.15

RIYADH

FITNESS TIME GHADEER (MEN)

25TH NOV

**BODYPUMP
MASTERCLASS
AND EDUCATION**

9.00-10.15

**BODYATTACK
MASTERCLASS
AND EDUCATION**

10.30-11.45

JEDDAH

FITNESS TIME ANDALUS (MEN)

26TH NOV

BODYPUMP
MASTERCLASS
AND **EDUCATION**

9.00-10.15

BODYATTACK
MASTERCLASS

10.30-11.45

JEDDAH

FITNESS TIME SALAMA (LADIES)

26TH NOV

MAIN STUDIO

**BODYPUMP MC
AND EDUCATION**
10.00-11.15

**BODCOMBAT MC
AND EDUCATION**
11.30-12.45

**GRIT STRENGTH
MC AND EDUCATION**
15.45-16.45

**BODYATTACK
MC AND EDUCATION**
17.00-18.15

CYCLE

**SPRINT
MC AND EDUCATION**
13.00-14.00

**LES MILLS RPM
MC AND EDUCATION**
14.15-15.30