

ABU DHABI

ABU DHABI COUNTRY CLUB

26TH NOV

STUDIO 5

BODYPUMP MC AND ED

10.00 - 10.45

BODYATTACK MC AND ED

15.00-16.15

BODYCOMBAT MC AND ED

16.30-17.45

CYCLE

SPRINT MC AND ED

11.30-12.30

RPM MC AND ED

12.45-14.15

DUBAI

27TH NOV

WELLFIT MIND AND BODY MEYDAN

FOOTBALL PITCH

YOGA STUDIO

VIDA STUDIO

BODYPUMP- I

MC AND ED
9.30-10.45

GRIT STRENGTH

11.00-11.30

SH'BAM MC

11.50-12.35

LES MILLS TONE MC

16.00-16.45

BODYJAM MC

17.00-17.45

BODYCOMBAT MC

18.00-18.45

BODYATTACK MC

19.00-19.45

SH'BAM ED.

11.15-11.45

LES MILLS TONE ED.

15.25-15.55

BODYJAM ED.

16.25-16.55

GIRO STUDIO

RPM MC AND ED

10.30-11.45

SPRINT MC AND ED

12.00-13.00

RPM MC AND ED

13.30-14.45

LES MILLS GRIT ED.

10.15-10.45

BODYBALANCE

MC AND ED
12.30-13.45

LES MILLS CORE

MC AND ED
14.00-15.15

BODYPUMP- II

MC AND ED
15.30-16.45

BODYCOMBAT ED.

17.20-17.50

BODYATTACK ED.

18.15-18.45