

MARCH 18 - APRIL 8

CLASSES SCHEDULE



FESTIVAL PLAZA

MAIN STUDIO

CYCLING

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	LES MILLS BODYPUMP Patricia		Mat Pilates 8:30 AM Maria	LES MILLS BODYPUMP Anca			
9:00AM	Yoga Ozgul		Yoga 9:30 AM Maria	LES MILLS CORE Anca			
10:00 AM		Mat Pilates 10:30 AM Marija M.			Mat Pilates Marija M.		Yoga Ozgul
3:30 PM		Yoga Yulia			Yoga Yulia		
4:00 PM	Zumba Imen		Zumba Imen	LES MILLS BODYPUMP Lisa			
4:30 PM		LES MILLS BODYPUMP Enrique					
5:00 PM	LES MILLS BODYBALANCE Maria G		LES MILLS BODYCOMBAT Nuno	LES MILLS BODYBALANCE Lisa			
5:30 PM					LES MILLS CORE Nuno		
6:00 PM			LES MILLS CORE Nuno				

FESTIVAL PLAZA

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GYM FLOOR














	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM					<div>LES MILLS RPM</div> <div>Nuno</div>		
11:00 AM						<div>LES MILLS sprint</div> <div>Amir</div>	
4:30 PM					<div>LES MILLS RPM</div> <div>Nuno</div>		
5:30 PM		<div>LES MILLS sprint</div> <div>Mo</div>					
8:00 PM	<div>LES MILLS RPM</div> <div>Mo</div>						

FESTIVAL PLAZA

MAIN STUDIO

CYCLING



















GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Run2Fit Nuno	 EXCLUSIVE Strength Bianca	Run2Fit Nuno	 EXCLUSIVE BoxFit Mo			
4:30 PM		 EXCLUSIVE Strength Ayoub		 EXCLUSIVE Strength Ayoub		 EXCLUSIVE Strength Ayoub	 EXCLUSIVE Strength Ayoub
5:15 PM		 EXCLUSIVE Conditioning Ayoub		 EXCLUSIVE Conditioning Ayoub		 EXCLUSIVE Conditioning Ayoub	 EXCLUSIVE Conditioning Ayoub
8:00 PM	 EXCLUSIVE Strength Bianca	 EXCLUSIVE Strength Bianca	 EXCLUSIVE Strength Hanna				

AL QUOZ

CLASSES STUDIO

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	 Warrior Strong				 Warrior Strong		
8:30 AM	 Bia Mama		 Bia Mama		 Bia Mama		
10:00 AM	 Bia Mama		 Bia Mama		 Bia Mama	Taekwondo	Taekwondo
11:30 AM						Karate 	
12:00 PM						Karate 	
4:30 PM	Karate 	 Warrior Strong		 Warrior Strong	Karate 		
5:00 PM	Karate 				Karate 		
7:00 PM		 Warrior Strong		 Warrior Strong			



These classes are run by Bia Warrior, and require advance booking and separate payment.

AL QUOZ

CLASSES STUDIO

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						Functional Strength Johnny	
10:00 AM						Youth Strength & Conditioning EXCLUSIVE Stretch Tin	Youth Strength & Conditioning
11:00 AM						Elite Youth Strength & Conditioning	
5:00 PM		Calisthenics Marcel		Calisthenics Marcel	Youth Strength & Conditioning		
6:00 PM	Youth Strength & Conditioning	Youth Strength & Conditioning	Youth Strength & Conditioning Functional Strength Walid	Youth Strength & Conditioning			

DUBAI MALL, FOUNTAIN VIEWS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM				WOD Jo			
8:00 AM	LES MILLS RPM Mo	WOD Jo	Yoga Alizee	Matt Pilates Kremena	Reformer Maria		
9:00 AM	Reformer Hania	Yoga Alizee	Reformer Hania	Yoga Kremena	Booty Blast Maria		
10:00 AM							LES MILLS sprint Mo
10:30 AM						EXCLUSIVE Warrior Ayoub	
11:30 AM						LES MILLS sprint Amir	
4:00 PM	Cycling Nuno	Reformer Yulia	LES MILLS RPM Sherry	LES MILLS BODYCOMBAT Mo	Kickboxing Reda		
	Reformer Laura			Reformer Laura	LES MILLS RPM Anca		
4:30 PM		Hybrid Anth		Hybrid Anth			
5:00 PM	LES MILLS BODYPUMP Nuno	Reformer Yulia	LES MILLS BODYPUMP Mo	Booty Blast Laura	LES MILLS BODYCOMBAT Anca		
		LES MILLS BODYCOMBAT Anca					
7:00 PM		Kickboxing Reda		WOD Reda			
8:15 PM	Hybrid Jo		Hybrid Jo				