

AUGUST 1-31

# CLASSES SCHEDULE



# FESTIVAL PLAZA

MAIN STUDIO

CYCLING

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	<b>LES MILLS BODYPUMP</b> Nuno			<b>LES MILLS BODYPUMP</b> Anca			
8:30 AM			<b>Mat Pilates</b> Maria				
9:00 AM	<b>Yoga</b> Ozgul			<b>LES MILLS CORE</b> Anca			
9:30 AM			<b>Yoga</b> Maria		<b>Yoga</b> Alex		
10:00 AM							<b>Yoga</b> Ozgul
10:30 AM		<b>Mat Pilates</b> Marija M.			<b>Mat Pilates</b> Marija M.		
5:00 PM					<b>Yoga</b> Innessa		
6:00 PM		<b>Yoga</b> Yulia	<b>Zumba</b> Imen				
6:30 PM	<b>Zumba</b> Imen			<b>LES MILLS BODYPUMP</b> Lisa			
7:00 PM		<b>LES MILLS BODYPUMP</b> Enrique	<b>LES MILLS BODYCOMBAT</b> Khushal		<b>LES MILLS CORE</b> Nuno		
7:30 PM				<b>LES MILLS BODYBALANCE</b> Lisa			
8:00 PM			<b>Yoga</b> Alex				

# FESTIVAL PLAZA

MAIN STUDIO

CYCLING

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM			<b>LES MILLS RPM</b> Sherry				
11:00 AM						<b>LES MILLS sprint</b> Amir	
6:00 PM		<b>Cycling</b> Aymen			<b>Cycling</b> Nuno		
7:00 PM	<b>LES MILLS RPM</b> Aymen						

# FESTIVAL PLAZA

MAIN STUDIO

CYCLING

GYM FLOOR

















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	<b>EXCLUSIVE</b> <b>RUN2FIT</b> Nuno	<b>EXCLUSIVE</b> <b>Strength</b> Bianca		<b>EXCLUSIVE</b> <b>RUN2FIT</b> Nuno	<b>EXCLUSIVE</b> <b>Strength</b> Bianca		
10:30 AM						<b>EXCLUSIVE</b> <b>Strength</b> Ayoub	
11:30 AM						<b>EXCLUSIVE</b> <b>Conditioning</b> Ayoub	
6:30 PM		<b>EXCLUSIVE</b> <b>Strength</b> Ayoub		<b>EXCLUSIVE</b> <b>Strength</b> Ayoub			
7:30 PM		<b>EXCLUSIVE</b> <b>Conditioning</b> Ayoub		<b>EXCLUSIVE</b> <b>Conditioning</b> Ayoub			

# AL QUOZ

CLASSES STUDIO

PILATES

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	 <b>Warrior Strong</b>				 <b>Warrior Strong</b>		
7:00 AM	 <b>Warrior Strong</b>		 <b>Warrior Strong</b>		 <b>Warrior Strong</b>		
8:30 AM	 <b>Bia Mama</b>		 <b>Bia Mama</b>		 <b>Bia Mama</b>	 <b>MetCon</b>	
9:15 AM						<b>Mobility &amp; Flexibility</b>	
10:00 AM	 <b>Bia Mama</b>		 <b>Bia Mama</b>		 <b>Bia Mama</b>		
6:00 PM		 <b>Warrior Strong</b>		 <b>Warrior Strong</b>			
7:00 PM		 <b>Warrior Strong</b>		 <b>Warrior Strong</b>			



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

# AL QUOZ

CLASSES STUDIO

PILATES

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	<b>Reformer Pilates</b> Maria		<b>Reformer Pilates</b> Gutjera				
8:00 AM	<b>Reformer Pilates</b> Maria						
8:30 AM			<b>Reformer Pilates</b> Gutjera				
10:00 AM						<b>Reformer Pilates</b> Noor	<b>Reformer Pilates</b> Noor
11:00 AM						<b>Reformer Pilates</b> Noor	<b>Reformer Pilates</b> Noor
6:00 PM	<b>Reformer Pilates</b> Noor		<b>Reformer Pilates</b> Gutjera				
7:00 PM	<b>Reformer Pilates</b> Noor		<b>Reformer Pilates</b> Gutjera				

# AL QUOZ

CLASSES STUDIO

PILATES

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM					<b>EXCLUSIVE</b> S&C Johnny		
9:00 AM						<b>Functional Strength</b> Johnny	
11:00 AM						<b>Youth Strength &amp; Conditioning</b>	<b>Youth Strength &amp; Conditioning</b>
12:00 AM						<b>Elite Youth Strength &amp; Conditioning</b>	
5:00 PM	<b>Youth Strength &amp; Conditioning</b>	<b>Youth Strength &amp; Conditioning</b>	<b>Youth Strength &amp; Conditioning</b>	<b>Youth Strength &amp; Conditioning</b>			
6:00 PM		<b>EXCLUSIVE</b> Circuit Mano	<b>Functional Strength</b> Reda		<b>Youth Strength &amp; Conditioning</b>		

# DUBAI MALL, FOUNTAIN VIEWS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM		<b>WOD</b> Jo		<b>WOD</b> Jo			
8:00 AM			<b>Yoga</b> Kremena	<b>Mat Pilates</b> Kremena	<b>Reformer</b> Maria	<b>Warrior</b> Jo	
9:00 AM				<b>Yoga</b> Kremena	<b>Reformer</b> Maria		
10:00 AM	<b>Zumba</b> Imen						<b>Yoga</b> Kremena
4:00 PM					<b>Kickboxing</b> Reda		
5:00 PM	<b>Reformer</b> Laura		<b>Reformer</b> Maria	<b>Reformer</b> Maria			
5:30 PM		<b>Reformer</b> Yulia					
		<b>Hybrid</b> Anthony		<b>Hybrid</b> Anthony			
6:00 PM	<b>LES MILLS BODYPUMP</b> Nuno	<b>LES MILLS BODYATTACK</b> Nuno	<b>LES MILLS RPM</b> Nuno	<b>Reformer</b> Maria	<b>LES MILLS RPM</b> Dave		
			<b>Reformer</b> Maria				
6:30 PM		<b>Reformer</b> Yulia					
7:00 PM	<b>Cycling</b> Nuno	<b>LES MILLS CORE</b> Nuno	<b>LES MILLS BODYPUMP</b> Nuno	<b>Zumba</b> Eric	<b>LES MILLS CORE</b> Dave		
	<b>Yoga</b> Maria						
7:30 PM		<b>Kickboxing</b> Reda					
8:00 PM				<b>Kickboxing</b> Reda			