

NOVEMBER 1 - 30

# CLASSES SCHEDULE





# FESTIVAL PLAZA

MAIN STUDIO

REFORMER PILATES

CYCLING

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM			<small>LES MILLS</small> <b>CORE</b> Sherry				
8:00 AM	<small>LES MILLS</small> <b>BODYPUMP</b> Dave		<small>8:30 AM</small> <b>Mat Pilates</b> Maria	<small>LES MILLS</small> <b>BODYPUMP</b> Anca			
9:00AM	<b>Yoga</b> Kristine			<small>LES MILLS</small> <b>CORE</b> Anca			
9:30AM		<b>Zumba</b> Dania	<b>Yoga</b> Maria		<small>9:15 AM</small> <b>Yoga</b> Alex		
10:00 AM							<b>Yoga</b> Kristine
10:30 AM		<b>Mat Pilates</b> Marija M.			<b>Mat Pilates</b> Marija M.		
11:00 AM							<small>LES MILLS</small> <b>BODYCOMBAT</b> Sherwin
5:00 PM					<b>Yoga</b> Innessa		
6:00 PM		<b>Yoga</b> Yulia	<b>Zumba</b> Manolo		<b>Bellydance</b> Erick		
6:30 PM	<b>Zumba</b> Dania			<small>LES MILLS</small> <b>BODYPUMP</b> Lisa			
7:00 PM		<small>LES MILLS</small> <b>BODYPUMP</b> Maria	<small>LES MILLS</small> <b>BODYCOMBAT</b> Khushal		<small>LES MILLS</small> <b>CORE</b> Nuno		
7:30 PM				<small>LES MILLS</small> <b>BODYBALANCE</b> Lisa			
8:00 PM			<b>Yoga</b> Alex				

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GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM	Reformer Pilates Liz		Reformer Pilates Maria				
8:00 AM					Reformer Pilates Liz		
8:30 AM						Reformer Pilates Pinar	
9:00 AM							Reformer Pilates Liz
9:30 AM						Reformer Pilates Pinar	
4:00 PM					Reformer Pilates Yulia		
5:00 PM					Reformer Pilates Yulia		
6:30 PM	Reformer Pilates Gutjeira	Reformer Pilates Louise	Reformer Pilates Yulia				
7:30 PM	Reformer Pilates Gutjeira	Reformer Pilates Louise	Reformer Pilates Yulia				

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



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MAIN STUDIO

REFORMER PILATES

CYCLING

GYM FLOOR


















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

# 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		<b>Reformer Pilates</b> Pinar		
8:00 AM	<b>Reformer Pilates</b> Maria				<b>Reformer Pilates</b> Pinar		
8:30 AM			<b>Reformer Pilates</b> Gutjera				
9:00 AM							<b>Reformer Pilates</b> Noor
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
12:00 PM						<b>Reformer Pilates</b> Noor	
6:00 PM	<b>Reformer Pilates</b> Noor						
7:00 PM	<b>Reformer Pilates</b> Noor						

# AL QUOZ

CLASSES STUDIO

PILATES

GYM FLOOR

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



# DUBAI MALL, FOUNTAIN VIEWS

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