

WEEKLY GROUP CLASSES

JUN 21 - JUN 27

SUN

21 JUN

- 06:00 AM

GENTLE FLOW | Gabriela
- 08:00 AM

REFORMER PILATES | Burcu
FUNCTIONAL FIT | Artem
- 09:00 AM

REFORMER PILATES | Burcu
- 10:00 AM

REFORMER PILATES | Burcu Ladies Only
GENTLE FLOW | Gabriela
- 11:00 AM

BODY TONING | Sara Dias | Ladies Only
- 12:00 PM

MAT PILATES | Gabriela
- 04:00 PM

REFORMER PILATES | Ayanna | Ladies Only
HATHA YOGA | Tammy
TRX & ABS | Chris
- 05:00 PM

FUNCTIONAL FIT | Chris
BARRE | Honey | Ladies Only
REFORMER PILATES | Ayanna
HOT YOGA | Tammy | Hot Studio 🔥
BODY PUMP | Sara Dias
- 06:00 PM

BOXING | Vasi
STRETCH & RESTORE | Honey
REFORMER PILATES ADVANCED | Ayanna
RHYTHM & RIDE | Ella
- 07:30 PM

BELLY DANCING | Cherry | Yoga Studio

MON

22 JUN

- 06:00 AM

FUNCTIONAL STRENGTH | Jonathen
- 08:00 AM

REFORMER PILATES | Natalie
- 09:00 AM

REFORMER PILATES | Natalie
HATHA YOGA | Gabriela | Ladies Only
BODY PUMP | Sara Dias
- 10:00 AM

REFORMER PILATES | Natalie | Ladies Only
STRETCH & RESTORE | Gabriela
- 11:00 AM

REFORMER PILATES | Ayanna
- 12:00 PM

BARRE | Honey | Ladies Only
- 03:00 PM

MAT PILATES | Gabriela
- 04:00 PM

REFORMER PILATES | Ayanna
SCULPT & SLIDE MAT PILATES | Natalie
FUNCTIONAL STRENGTH | Haya
HOT MAT PILATES | Gabriela
- 05:00 PM

FUNCTIONAL STRENGTH | Haya
REFORMER PILATES | Ayanna | Ladies Only
BELLY DANCING | Sherehan | Les Mills Studio
HATHA YOGA | Tammy
- 06:00 PM

BODY PUMP | Antonia
YIN YOGA | Tammy
REFORMER PILATES ADVANCED | Ayanna
- 07:00 PM

45' CORE/ABS | Antonia
BOXING | Vasi
MINDFULNESS MEDITATION | Tammy

TUES

23 JUN

- 08: 00 AM

REFORMER PILATES | Burcu
- 09:00 AM

REFORMER PILATES | Burcu
HATHA YOGA | Tammy
- 10:00 AM

FUNCTIONAL STRENGTH | Haya
REFORMER PILATES | Burcu
- 11:00 AM

STRETCH & MOBILITY | Sara Dias | Ladies Only
VINYASA FLOW | Tammy
- 12:00 PM

HOT YOGA | Tammy 🔥
- 03:00 PM

REFORMER PILATES | Natalie
- 04:00 PM

FUNCTIONAL FIT | Antonia
REFORMER PILATES | Natalie
- 05:00 PM

FUNCTIONAL FIT | Clint
BODY PUMP | Nourah
REFORMER PILATES | Natalie | Ladies Only
HATHA YOGA | Gabriela
- 06:00 PM

HOT MAT PILATES | Gabriela 🔥
REFORMER PILATES ADVANCED | Natalie
RHYTHM & RIDE | Ella
BOXING | Vasi
- 06:15 PM

BELLYDANCING | Cherry Les mills

WED

24 JUN

- 06:00 AM

FUNCTIONAL STRENGTH | Jonathen
- 07:00 AM

VINYASA YOGA | Tammy
- 08:00 AM

FUNCTIONAL FIT | Artem
- 09:00 AM

REFORMER PILATES | Burcu
HATHA YOGA | Tammy
- 10:00 AM

STRETCH & RESTORE YOGA | Tammy
REFORMER PILATES | Burcu | Ladies Only
- 10:30 AM

CORE & ABS | Sara Dias
- 11:00 AM

BODY TONING | Sara Dias | Ladies Only
REFORMER PILATES ADVANCED | Burcu
- 12:00 PM

MAT PILATES | Gabriela Ladies only
- 04:00 PM

FUNCTIONAL STRENGTH | Haya
REFORMER PILATES | Ayanna
- 05:00 PM

FUNCTIONAL STRENGTH | Haya
KUWAITI DANCE | Haya | Ladies Only
REFORMER PILATES | Ayanna
BARRE | Honey
- 06:00 PM

HYROX | Eden
REFORMER PILATES | Ayanna | Ladies Only
STRETCH & RESTORE | Gabriela
- 07:00 PM

BOXING | Vasi
BREATHWORK & YOGA NIDRA | Gabriela

WEEKLY GROUP CLASSES

JUN 21 - JUN 27

THURS 25 JUN

08:00 AM	REFORMER PILATES Ayanna
09:00 AM	REFORMER PILATES Ayanna HATHA YOGA Gabriela
10:00 AM	FUNCTIONAL STRENGTH Haya REFORMER PILATES Ayanna MAT PILATES Gabriela Ladies only
12:00 PM	HOT MAT PILATES Gabriela 🔥
01:00 PM	SCULPT & SLIDE MAT PILATES Natalie Ladies
03:00 PM	REFORMER PILATES Natalie
04:00 PM	REFORMER PILATES Natalie <u>Ladies Only</u>
05:00 PM	BODY PUMP Sara Dias BOXING SPARRING Vasi REFORMER PILATES Burcu
05:15 PM	YIN YOGA Gabriela <u>Ladies Only</u>
06:00 PM	REFORMER PILATES <u>ADVANCED</u> Burcu RHYTHM & RIDE Ella CORE & ABS Sara Dias
07:00 PM	REFORMER PILATES Burcu

FRI 26 JUN

09:00 AM	REFORMER PILATES Burcu
10:00 AM	REFORMER PILATES Burcu VINYASA YOGA Tammy
11:00 AM	REFORMER PILATES <u>ADVANCED</u> Burcu
12:00 PM	HATHA YOGA Tammy FUNCTIONAL FIT Clint
1:00 PM	YIN YOGA Tammy
3:00PM	MINDFULNESS MEDITATION Tammy
04:00 PM	REFORMER PILATES STRETCH Burcu

SAT 27 JUN

09:00 AM	REFORMER PILATES Natalie
10:00 AM	REFORMER PILATES Natalie
11:00 AM	BODY PUMP 60' Nourah REFORMER PILATES <u>ADVANCED</u> Natalie BARRE Honey
12:00 PM	HYROX TRAINING Eden
	REFORMER PILATES Ayanna Ladies Only
04:00 PM	BOXING Vasi
05:00 PM	REFORMER PILATES STRETCH Natalie GLUTE & CORE MAT PILATES Ayanna BELLYDANCING Sherehan Ladies Only les mills studio
06:00 PM	REFORMER PILATES Natalie