

GROUP EXERCISE SCHEDULE

ARABIAN CENTER APRIL 2017

TIMINGS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM		<i>DanceFit Arabia</i>	BURN360	ACTIVE360	KBOX CIRCUIT	LEWIS'S BODYATTACK	
9:30AM	ZUMBA	CLAYES360	ZUMBA	LEWIS'S BODYCOMBAT	LEWIS'S BODYBALANCE	LEWIS'S BODYPUMP	
10:30AM	LEWIS'S BODYPUMP						
4:30PM	CORE 5:00PM	ACTIVE360	CORE 5:00PM	ZUMBA	CIRCUIT	LBT	
5:30PM	LEWIS'S BODYJAM	LEWIS'S BODYPUMP	LBT	LEWIS'S BODYBALANCE	OGA360		
6:30PM		LEWIS'S BODYCOMBAT	LEWIS'S BODYATTACK	LEWIS'S BODYCOMBAT	LEWIS'S BODYJAM		
7:30PM		LEWIS'S BODYBALANCE	ZUMBA	BURN360	LEWIS'S BODYPUMP		

FUNCTIONAL AREA

TIMINGS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00PM	CIRCUIT 6:00PM	KBOX CIRCUIT			CIRCUIT		
7:30PM	CORE 6:30PM				CORE		



good things come
to those who
sweat