

### GROUP EXERCISE STUDIO

LULU MALL APRIL 2017

TIMINGS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM		ZUMBA fitness	STEP 8:00 AM	LES MILLS BODYCOMBAT 8:00 AM	ZUMBA fitness	LES MILLS BODYPUMP	
9:30 AM		<b>CIRCUIT</b>	LES MILLS BODYPUMP 9:15 AM	LBT 9:15 AM	ACTIVE 360	LES MILLS BODYBALANCE EXPRESS	
4:30 PM		<b>CIRCUIT</b>		ACTIVE 360	STEP	LBT	
5:30 PM	ZUMBA fitness	<i>Dance Mix</i>	LES MILLS BODYCOMBAT	<i>Dance Mix</i>	LES MILLS BODYPUMP	BOXERCISE 101	
6:30 PM	LES MILLS BODYPUMP	ACTIVE 360	ZUMBA fitness	LBT	ZUMBA fitness		
7:30 PM	LES MILLS BODYBALANCE EXPRESS	<i>Dancefit Arabia</i>	LES MILLS BODYPUMP	LES MILLS BODYBALANCE EXPRESS	<b>CIRCUIT</b>		

### SPINNING STUDIO

TIMINGS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 PM							
5:30 PM			LES MILLS RPM				
6:30 PM					LES MILLS RPM		



good things come  
to those who  
**sweat**