

GROUP EXERCISE STUDIO

THE SQUARE December 2017

TIMINGS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM		ZUMBA fitness	STEP	LBT	Dancefit Arabia	ACTIVE 360	
10:00AM		CIRCUIT	CORE	CORE	LEISURE BODYPUMP	CORE	STEP
11:00AM							CIRCUIT
3:30PM		STEP	BURN 360	CIRCUIT	LBT	CORE	
4:30PM		STRETCH & TONE	ZUMBA fitness	ZUMBA STEP	CORE		
5:30PM	STRONG ZUMBA	ACTIVE 360	STEP	Sculpt & Tone	STEP	STEP	
6:30PM	ZUMBA fitness	LBT	LEISURE BODYPUMP	Dance Mix	LEISURE BODYPUMP		
7:30PM		Dancefit Arabia	Dancefit Arabia	CORE	GRIT		
8:30PM					ZUMBA fitness		

SPINNING STUDIO

TIMINGS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30AM				LEISURE RPM 10:30			
4:30PM						LEISURE RPM	
5:30PM							
6:30PM		LEISURE RPM			SPIN 360		

wake up, show up
never give up

