

**GROUP FITNESS
EXERCISE SCHEDULE**



APRIL

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
SPORTS SCHOOL STUDIO 3	8:30	LES MILLS BODYSTEP FERNANDO	tone JOANA(LO)	LES MILLS BODYPUMP CATIA(LO)	LES MILLS BODYATTACK JOANA(LO)	LES MILLS BODYCOMBAT LAURA(LO)			
	9:30	CIRCUIT MARINA(LO)	LES MILLS GRIT MARINA(LO)	LES MILLS BODYCOMBAT (45) CATIA(LO)	CIRCUIT (45) JOANA(LO)	LES MILLS Shapes SUZI(LO)	9:30		LES MILLS BODYCOMBAT FERNANDO
	10:30	MOBILITY (30) MARINA(LO)					10:30	LES MILLS BODYPUMP HAFEZ	LES MILLS CORE FERNANDO
	16:30					LES MILLS CORE CARLOS			
	17:15	LES MILLS GRIT 5PM AMINE	LES MILLS CORE (45) MAYA	LES MILLS Shapes 5PM MARO	Strength Development MAYA	LES MILLS BODYPUMP (45) 5PM CARLOS	15:45		LES MILLS Shapes MARO
	17:30	LES MILLS BODYPUMP AMINE					16:30		LES MILLS BODYPUMP MARO
	18:00		MOBILITY FERNANDO	LES MILLS BODYCOMBAT FERNANDO	LES MILLS CORE MAYA				
	18:30	LES MILLS BODYSTEP FERNANDO	LES MILLS BODYATTACK FERNANDO		LES MILLS BODYPUMP MAYA		18:30		Strength Development (45) HAFEZ
	19:30	LES MILLS BODYPUMP CARLOS		Strength Development 6.45PM FERN.	LES MILLS BODYATTACK (45) AMINE				
STUDIO 6	9:30	ANIMAL FLOW 8.30AM CARLOS	ZUMBA HALA(LO)		ZUMBA JUDE(LO)				
	10:30		CIRCUIT MARINA(LO)			CIRCUIT FERNANDO			
	11:30		CIRCUIT FERNANDO			MOBILITY (30) FERNANDO	11:10		CIRCUIT (45) FERNANDO
	18:00			MOBILITY (30) MARINA	MOBILITY (30) ASH				
	18:30	CIRCUIT (45) MARINA	CIRCUIT (45) MARINA	CIRCUIT (45) AMINE	CIRCUIT (45) ASH				
	19:30	W.O.D. 7:40PM FERN.	CIRCUIT ROULA(LO)		BOOTCAMP ROULA(LO)				
	20:15		ZUMBA ROULA(LO)		ZUMBA ROULA(LO)				
STUDIO 1	8:35			LES MILLS RPM CARLOS			10:00	LES MILLS Sprint HAFEZ	
	16:35			A.R.S. CARLOS					
	17:35	LES MILLS RPM CAROLINA				LES MILLS RPM HAFEZ	17:35		LES MILLS RPM HAFEZ
	18:35	LES MILLS Sprint CAROLINA	A.R.S. CAROLINA	LES MILLS Sprint 6PM HAFEZ	A.R.S. FERNANDO				
	19:35		LES MILLS RPM FERNANDO						
STUDIO 2	8:30	YOGA RIA(LO)	YOGA KARLA(LO)	YOGA KARLA(LO)	YOGA (90) RIA(LO)	YOGA CARLOS			
	9:30		PILATES SUZI(LO)	PILATES CARLOS	YOGA 10AM DOHA(LO)	CIRCUIT DOHA(LO)	9:30	YOGA (90) NADINE	YOGA (90) KARLA
	10:30		YOGA SUZI(LO)	RESTORATIVE YOGA CARLOS		LES MILLS BODYBALANCE CARLOS			
	17:30	YOGA ABHISHEK		LES MILLS BODYBALANCE 5.30PM CARLOS			15:30		PILATES CARLOS
	18:30	ANIMAL FLOW CARLOS	LES MILLS BODYCOMBAT (45) ROULA(LO)		YOGA NADINE		16:30		YOGA CARLOS
	19:30	BELLY DANCE CRISTINA(LO)		BELLY DANCE CRISTINA(LO)					
STUDIO 4	9:30	REFORMER CARLOS				REFORMER CARLOS			
	10:30			REFORMER SUZI(LO)					
	17:30	REFORMER CARLOS							