



نادي أبوظبي الرياضي  
Abu Dhabi Country Club

## GROUP FITNESS EXERCISE NOVEMBER 19<sup>TH</sup> 2017 TIMETABLE

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Time	Friday	Saturday		
<b>STUDIO 5</b>	06:00		<b>GRIT STRENGTH</b> SERGIO		<b>GRIT STRENGTH</b> SERGIO						
	08:30	<b>BODYATTACK</b> NORAN (LO)	<b>BODYCOMBAT</b> NORAN (LO)	<b>BODYATTACK</b> NORAN (LO)	<b>BODYSTEP</b> NORAN (LO)	<b>BODYPUMP</b> NORAN (LO)	08:30	<b>GRIT STRENGTH</b> SERGIO			
	09:30	<b>BODYPUMP</b> NORAN (LO)	<b>ZUMBA</b> NORAN (LO)	<b>BODYPUMP</b> SARAH (LO)	<b>ZUMBA</b> NORAN (LO)	<b>BODYCOMBAT</b> NORAN (LO)	09:00	<b>GRIT CARDIO</b> SERGIO			
	10:30	<b>BODYBALANCE</b> PAULA (LO)		<b>CXWORX</b> PAULA (LO)		<b>BODYBALANCE</b> SARAH (LO)	09:30	<b>BODYATTACK</b> MOE	<b>BODYPUMP</b> SARAH		
	11:30	<b>CXWORX</b> PAULA (LO)		<b>BODYBALANCE</b> SARAH (LO) (11:00)			10:30	<b>BODYPUMP</b> PENNY	<b>BODYCOMBAT</b> LEO - CLASSICS		
	15:30		<b>BODYPUMP</b> LEO - CLASSICS		<b>BODYPUMP</b> LEO - CLASSICS		11:30	<b>CXWORX</b> SERGIO			
	16:30	<b>BODYPUMP</b> LEO - CLASSICS		<b>BODYPUMP</b> LEO - CLASSICS		<b>BODYPUMP</b> PENNY	12:00	<b>BODYBALANCE</b> SERGIO			
	17:30	<b>BODYSTEP</b> MOE	<b>BODYPUMP</b> CARLOS	<b>CXWORX</b> CARLOS	<b>BODYPUMP</b> LEO - CLASSICS						
	18:00						17:30		<b>BODYPUMP</b> PENNY		
	18:30	<b>BODYCOMBAT</b> LEO - CLASSICS	<b>BODYATTACK</b> MOE		<b>CXWORX</b> SERGIO	<b>GRIT PLYO</b> SERGIO	18:30		<b>GRIT CARDIO</b> SERGIO		
19:00					<b>CXWORX</b> SERGIO	19:00		<b>CXWORX</b> SERGIO			
19:30	<b>GRIT STRENGTH</b> SERGIO	<b>CXWORX</b> CARLOS									
20:00	<b>CXWORX</b> SERGIO										
<b>STUDIO 6</b>	16:35	<b>FIT KIDS</b> SARAH	<b>GO-MAX</b> LEO		<b>GO-MAX</b> LEO	<b>FIT KIDS</b> SARAH					
	17:35	<b>BOXFIT</b> BILLY		<b>BOXFIT</b> BILLY		<b>CIRCUIT</b> BILLY					
	18:35	<b>CIRCUIT</b> BILLY	<b>GO-MAX</b> LEO	<b>CIRCUIT</b> BILLY	<b>GO-MAX</b> LEO						
<b>STUDIO 7</b>	09:30		<b>BODYPUMP</b> <b>CXWORX</b> SARAH (LO)		<b>BODYPUMP</b> <b>CXWORX</b> SARAH (LO)						
	10:30		<b>TRX</b> NORAN (LO) (10:35)		<b>TRX</b> SARAH (LO) (10:35)			<b>PILATES</b> LESLIE			
	16:30	<b>TRX</b> PENNY (16:35)		<b>TRX</b> LESLIE (16:35)		<b>GRIT STRENGTH</b> CARLOS	10:30				
	17:00					<b>CXWORX</b> CARLOS	11:30	<b>TRX</b> PENNY (11:35)			
	17:30	<b>TRX</b> SARAH (LO) (17:35)	<b>BODYCOMBAT</b> NORAN (LO)	<b>BOLLYWOOD DANCE</b> AALIA (LO)	<b>BODYATTACK</b> <b>BODYSTEP</b> NORAN (LO)	<b>TRX</b> CARLOS (17:35)					
	18:30	<b>BELLY DANCING</b> SIRLEI (LO)	<b>ZUMBA</b> NORAN (LO)		<b>ZUMBA</b> NORAN (LO)	<b>ACRO YOGA L1</b> CARLOS					
	19:30	<b>ACRO YOGA L1</b> CARLOS	<b>BELLY DANCING</b> SIRLEI (LO)	<b>TRX</b> PENNY (19:35)	<b>BOLLYWOOD DANCE</b> AALIA (LO)						
20:30			<b>ACRO YOGA L1</b> CARLOS								
<b>STUDIO 1</b>	06:00	<b>CLASSES CANCELLED / PREPARING STUDIO 1</b>  <b>75 BIKES WILL BE WAITING FOR YOU!!!</b>  <b>SORRY FOR ANY INCONVENIENCE</b>				<b>RPM</b> PENNY					
	08:35					<b>RPM</b> SERGIO	<b>sprint</b> CHRISTINA (LO)	09:35	<b>RPM</b> PENNY		
	15:35							10:35	<b>RPM</b> SARAH		
	16:35						<b>RPM</b> PAULA				
	17:35				<b>GFX DISCLAIMER</b>			<b>sprint</b> PENNY (17:45)	<b>RPM</b> PENNY		
	18:35				<b>STUDIO OPENING</b>				16:35	<b>RPM</b> PENNY	
	19:35				<b>PICTURES &amp; VIDEOS WILL BE TAKEN BEFORE, DURING &amp; AFTER THE CLASS</b>		<b>RPM</b> PAULA, CARLOS, PENNY				
<b>STUDIO 2</b>	08:30		<b>PILATES</b> LESLIE (LO)	<b>YOGA &amp; YOGA NIDRA</b> 90 MINUTES RIA	<b>PILATES</b> LESLIE (LO)	<b>YOGA</b> RIA (LO)					
	09:30	<b>PILATES</b> PAULA (LO)	<b>POWER YOGA</b> LESLIE (LO)	<b>PILATES</b> 90 MINUTES EVA (LO) (10:00)	<b>POWER YOGA</b> LESLIE (LO)	<b>RESTORATIVE YOGA</b> 90 MINUTES PAULA (LO)					
	16:30		<b>PILATES</b> EVA	<b>BODYBALANCE</b> PAULA		<b>PILATES</b> EVA	11:30	<b>BODYBALANCE</b> SARAH			
	17:30		<b>BODYBALANCE</b> SARAH (LO)	<b>POWER YOGA</b> LESLIE	<b>RESTORATIVE YOGA</b> PAULA (LO)		16:30	<b>POWER YOGA</b> 90 MINUTES LESLIE			
	18:30	<b>BLT MAT</b> LESLIE (LO)	<b>RESTORATIVE YOGA</b> 90 MINUTES PAULA	<b>PILATES</b> LESLIE	<b>BODYBALANCE</b> CARLOS	<b>RESTORATIVE YOGA</b> PAULA					
	19:30	<b>PILATES</b> LESLIE									
	20:30	<b>HATHA YOGA</b> CARLOS									
<b>ST.3</b>	16:35					<b>SKRANKING</b> LEO					
	08:35	<b>REFORMER</b> EVA (LO)				<b>REFORMER</b> EVA (LO)					
<b>ST.4</b>	17:35		<b>REFORMER</b> EVA (LO)								
	19:35		<b>X-FIT</b> BILLY								

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