

**GROUP FITNESS
EXERCISE SCHEDULE**



NOVEMBER

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
STUDIO 5	8:30	LES MILLS BODYSTEP FERNANDO	LES MILLS Shapes MARINA(LO)	LES MILLS BODYPUMP CATIA(LO)	LES MILLS BODYATTACK JOANA(LO)	LES MILLS BODYCOMBAT MARINA(LO)	9:30		LES MILLS BODYCOMBAT FERNANDO
	9:30	LES MILLS BODYPUMP MARINA(LO)	ZUMBA HALA(LO)	LES MILLS BODYCOMBAT CATIA(LO)	PILATES JOANA(LO)	MOBILITY MARINA(LO)	11:00	LES MILLS BODYPUMP HAFEZ	LES MILLS CORE 10H30 FERNAND.
	16:30					LES MILLS BODYPUMP CARLOS			
	17:15	LES MILLS GRIT 5PM FERNANDO		LES MILLS CORE MARINA			15:45		LES MILLS Shapes MARINA
	17:30	LES MILLS BODYPUMP ASH	Strength Development MAYA		LES MILLS Shapes MARINA		16:30		LES MILLS BODYPUMP MARINA
	18:00			LES MILLS BODYCOMBAT FERNANDO			17:30		MOBILITY MARINA
	18:30	LES MILLS BODYSTEP FERNANDO	LES MILLS BODYATTACK FERNANDO	Strength Development 7PM FERNAND.	LES MILLS BODYPUMP MARINA				
	19:30	LES MILLS BODYPUMP CARLOS			LES MILLS BODYATTACK AMINE				
STUDIO 6	10:30		CIRCUIT MARINA(LO)			CIRCUIT FERNANDO	11:10		CIRCUIT FERNANDO
	11:30		CIRCUIT FERNANDO			MOBILITY FERNANDO			
	18:30	CIRCUIT ASH	CIRCUIT ASH	CIRCUIT MARINA	CIRCUIT ROULA (LO)				
	19:30		ZUMBA ROULA(LO)		ZUMBA ROULA(LO)				
STUDIO 1	8:30			LES MILLS RPM CARLOS			10:15	LES MILLS sprint HAFEZ	
	17:35			LES MILLS sprint 6PM HAFEZ		LES MILLS RPM HAFEZ	17:35		LES MILLS RPM HAFEZ
	18:35				A.R.S. FERNANDO				
	19:35		LES MILLS RPM ZEYAD						
STUDIO 2	8:30	YOGA RIA(LO)	YOGA KARLA(LO)	YOGA IONA(LO)	YOGA RIA(LO)	YOGA CARLOS			
	9:30		PILATES SUZI (LO)	PILATES CARLOS		CIRCUIT SUZI(LO)	9:30	YOGA NADINE	
	10:30			RESTORATIVE YOGA CARLOS		LES MILLS BODYBALANCE CARLOS			
	16:30	YOGA ABHISHEK							
	18:30	PILATES CARLOS	LES MILLS BODYCOMBAT ROULA(LO)	YOGA ABHISHEK			15:30		PILATES SUZI
	19:30	BELLY DANCE CRISTINA (LO)		BELLY DANCE CRISTINA (LO)					
STUDIO 4	9:30	REFORMER CARLOS				REFORMER CARLOS			
	17:30	REFORMER CARLOS		REFORMER CARLOS					