

**GROUP FITNESS  
EXERCISE SCHEDULE**



**OCTOBER/NOV.**

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
<b>STUDIO 5</b>	8:30	LES MILLS <b>BODYSTEP</b> FERNANDO	LES MILLS <b>Shapes</b> MARINA(LO)	LES MILLS <b>BODYCOMBAT</b> CATIA(LO)	LES MILLS <b>BODYATTACK</b> JOANA(LO)	LES MILLS <b>BODYPUMP</b> MARINA(LO)	9:30		LES MILLS <b>BODYCOMBAT</b> FERNANDO
	9:30	LES MILLS <b>BODYPUMP</b> MARINA(LO)	ZUMBA JUDE(LO)	LES MILLS <b>BODYPUMP</b> CATIA(LO)	PILATES JOANA(LO)	MOBILITY (30) MARINA(LO)	11:00	LES MILLS <b>BODYPUMP</b> ZEYAD	LES MILLS <b>CORE</b> 10H30 FERNAND.
	16:30					LES MILLS <b>BODYPUMP</b> CARLOS			
	17:15	LES MILLS <b>GRIT</b> 5PM FERNANDO		LES MILLS <b>CORE</b> (45) MARINA			15:45		LES MILLS <b>Shapes</b> MARINA
	17:30	LES MILLS <b>BODYPUMP</b> ASH	Strength Development MAYA		LES MILLS <b>Shapes</b> MARINA		16:30		LES MILLS <b>BODYPUMP</b> MARINA
	18:00			LES MILLS <b>BODYCOMBAT</b> FERNANDO			17:30		MOBILITY MARINA
	18:30	LES MILLS <b>BODYSTEP</b> FERNANDO	LES MILLS <b>BODYATTACK</b> FERNANDO		LES MILLS <b>BODYPUMP</b> MARINA				
	19:00			Strength Development FERNANDO					
	19:30	LES MILLS <b>BODYPUMP</b> CARLOS			LES MILLS <b>BODYATTACK</b> (45) AMINE				
<b>STUDIO 6</b>	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)				
<b>STUDIO 1</b>	8:30			LES MILLS <b>RPM</b> CARLOS			10:15	LES MILLS <b>sprint</b> ZEYAD	
	17:35	LES MILLS <b>RPM</b> CARLOS		LES MILLS <b>sprint</b> 6PM ZEYAD		LES MILLS <b>RPM</b> ZEYAD	17:35		LES MILLS <b>RPM</b> CARLOS
	18:35				A.R.S. FERNANDO				
	19:35		LES MILLS <b>RPM</b> ZEYAD						
<b>STUDIO 2</b>	8:30	YOGA IONA(LO)	YOGA KARLA(LO)	YOGA IONA(LO)	YOGA (90) IONA(LO)	YOGA CARLOS			
	9:30		PILATES SUZI (LO)	PILATES CARLOS		CIRCUIT SUZI(LO)	9:30	YOGA (90) NADINE	YOGA ZITA
	10:30			RESTORATIVE YOGA CARLOS		LES MILLS <b>BODYBALANCE</b> CARLOS			
	16:30	YOGA ABHISHEK							
	18:30	PILATES CARLOS	LES MILLS <b>BODYCOMBAT</b> ROULA(LO)	YOGA ABHISHEK			15:30		PILATES CARLOS
	19:30	BELLY DANCE CRISTINA (LO)		BELLY DANCE CRISTINA (LO)			16:30		YOGA CARLOS
<b>STUDIO 4</b>	9:30	REFORMER CARLOS				REFORMER CARLOS			
	17:30	REFORMER SUZI		REFORMER CARLOS					