

**GROUP FITNESS  
EXERCISE SCHEDULE**



**DECEMBER**

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
<b>STUDIO 5</b>	8:30			<b>LES MILLS BODYPUMP</b> CATIA(LO)	<b>LES MILLS BODYATTACK</b> JOANA(LO)	<b>LES MILLS BODYCOMBAT</b> MARINA(LO)	9:30		<b>LES MILLS BODYCOMBAT</b> FERNANDO
	9:30	<b>LES MILLS BODYPUMP</b> MARINA(LO)	<b>LES MILLS Shapes</b> MARINA(LO)	<b>LES MILLS BODYCOMBAT</b> CATIA(LO)	<b>PILATES</b> JOANA(LO)	<b>MOBILITY</b> (30) MARINA(LO)	11:00	<b>LES MILLS BODYPUMP</b> HAFEZ	<b>LES MILLS CORE</b> 10H30 FERNANDO
	16:30	<b>LES MILLS BODYPUMP</b> MAYA				<b>LES MILLS BODYPUMP</b> CARLOS			
	17:15			<b>LES MILLS CORE</b> (45) MARINA			15:45		<b>LES MILLS Shapes</b> MARINA
	17:30		Strength Development MAYA		<b>LES MILLS Shapes</b> MARINA		16:30		<b>LES MILLS BODYPUMP</b> MARINA
	18:00			<b>LES MILLS BODYCOMBAT</b> FERNANDO			17:30		<b>MOBILITY</b> MARINA
	18:30			Strength Development 7PM FERNAND.	<b>LES MILLS BODYPUMP</b> MARINA				
	19:30				<b>LES MILLS BODYATTACK</b> (45) AMINE				
	20:15								
	<b>STUDIO 6</b>	10:30		<b>CIRCUIT</b> MARINA			<b>CIRCUIT</b> FERNANDO	11:10	
11:30						<b>MOBILITY</b> FERNANDO			
18:30			<b>CIRCUIT</b> ASH	<b>CIRCUIT</b> MARINA	<b>CIRCUIT</b> ROULA (LO)				
19:30					<b>ZUMBA</b> ROULA(LO)				
<b>STUDIO 1</b>	8:30			<b>LES MILLS RPM</b> CARLOS			10:15	<b>LES MILLS sprint</b> HAFEZ	
	17:35			<b>LES MILLS sprint</b> 6PM HAFEZ		<b>LES MILLS RPM</b> HAFEZ	17:35		<b>LES MILLS RPM</b> HAFEZ
	18:35				<b>A.R.S.</b> FERNANDO				
	19:35		<b>LES MILLS RPM</b> ZEYAD						
<b>STUDIO 2</b>	8:30	<b>YOGA</b> RIA	<b>YOGA</b> KARLA	<b>YOGA</b> IONA(LO)	<b>YOGA</b> (90) RIA(LO)	<b>YOGA</b> CARLOS			
	9:30			<b>PILATES</b> CARLOS		<b>CIRCUIT</b> SUZI(LO)	9:30	<b>YOGA</b> (90) NADINE	
	10:30			<b>RESTORATIVE YOGA</b> CARLOS		<b>LES MILLS BODYBALANCE</b> CARLOS			
	16:30								
	18:30			<b>YOGA</b> ABHISHEK			15:30		<b>PILATES</b> SUZI
	19:30			<b>BELLY DANCE</b> CRISTINA (LO)					
<b>STUDIO 4</b>	9:30	<b>REFORMER</b> CARLOS				<b>REFORMER</b> CARLOS			
	17:30			<b>REFORMER</b> CARLOS					