

**GROUP FITNESS  
EXERCISE SCHEDULE**



**APRIL 13 - 19**

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8:30	YOGA RIA	PILATES JORGE	YOGA RIA	YOGA RIA	A.R.S. FERNANDO			
	9:30		A.R.S. JORGE	PILATES CARLOS	A.R.S. JORGE	STRETCH FERNANDO			
	10:30		CIRCUIT FERNANDO	CORE FERNANDO	CIRCUIT FERNANDO	LES MILLS BODYBALANCE CARLOS			
	11:15		STRETCH FERNANDO	MOBILITY FERNANDO	MOTOR CONTROL TRAINING FERNANDO				
	16:30					LES MILLS BODYPUMP CARLOS			
	17:30		LES MILLS BODYBALANCE 5PM CARLOS	LES MILLS RPM CARLOS	CORE SUZI	LES MILLS RPM CARLOS			
	18:30	CIRCUIT CARLOS			PILATES 6PM SUZI		15:30		PILATES CARLOS
	19:30	LES MILLS BODYPUMP CARLOS					16:30		YOGA CARLOS
<b>STUDIO 4</b>	9:30	REFORMER CARLOS				REFORMER CARLOS			
	17:30	REFORMER CARLOS							
	18:30			REFORMER CARLOS					
<p>📍 SHAKHBOUT BIN SULTAN ST. AL MUSHRIF, AFTER ABU DHABI IMMIGRATION OFFICE ☎ +971 2 657 7777            🌐 WWW.ADCOUNTRYCLUB.COM ✉ CLUB@ADCOUNTRYCLUB.COM 📍 ABU DHABI COUNTRY CLUB 📱 ADCCUAE 📷 ADCCUAE</p>									