

DUBAI
AVIATION CLUB

28TH MAY

MAIN STUDIO

BODYSTEP

13.00 - 13.45

BODYPUMP

14.00 - 14.45

LES MILLS TONE

16.00 - 16.45

LES MILLS BARRE

17.00 - 17.30

BALLROOM

BODYPUMP

10.00 - 10.45

GRIT STRENGTH

11.00 - 11.30

LES MILLS CORE

12.00-12.45

SH'BAM

13.00-13.45

BODYBALANCE

14.00 - 14.45

EDUCATION

15.00 - 15.30

BODYJAM

15.45 - 16.45

BODYATTACK

17.00 - 17.45

BODYCOMBAT

18.00 - 18.45

CYCLE

RPM

12.00 - 12.45

RPM

13.00 - 13.45

RPM

14.00 - 14.45

SPRINT

16.00 - 16.30

ABU DHABI
ABU DHABI COUNTRY CLUB

29TH MAY

STUDIO 5

BODYPUMP

10.00 - 10.45

BODYATTACK

11.00 - 11.45

LES MILLS CORE

12.00 - 12.45

EDUCATION

13.00 - 13.30

GRIT STRENGTH

15.30 - 16.00

BODYCOMBAT

16.15 - 17.00

CYCLE

RPM

13.45 - 14.30

SPRINT

14.45-15.15