

DUBAI

AVIATION CLUB

27TH AUG

MAIN STUDIO

BODYSTEP

13.15-14.00

BODYPUMP

14.15-15.00

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

BODYATTACK

12.00-12.45

SH'BAM

13.00-13.45

LES MILLS CORE

14.00 - 14.45

Strength LES MILLS
Development
14.55-15.40

BODYBALANCE

15.45-16.30

BODYJAM

16.45-17.30

BODYCOMBAT

17.45-18.30

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

28TH AUG

STUDIO 5

BODYPUMP

10.00 - 10.45

BODYBALANCE

11.00 - 11.45

LES MILLS CORE

12.00 - 12.45

Strength LES MILLS
Development
12.50-13.35

BODYATTACK

16.00-16.45

GRIT

17.00-17.30

BODYCOMBAT

17.45-18.30

CYCLE

RPM

13.45 - 14.30

SPRINT

14.45-15.15