

SUMMER TIMETABLE

JUNE - JULY, 2019

THE WEEK	MAIN STUDIO	SUBWAY	PARK	YOGA STUDIO
SUNDAY	18:00 SPIN & ABS <i>BY SIMON</i>		10:00 AB BLAST FITNESS TEAM - FREE	
	19:00 TABATA <i>BY SIMON</i>		17:00 KB INTRO - FREE	
MONDAY	18:00 BOOTCAMP <i>BY RAY</i>		10:00 KB INTRO - FREE	
	19:00 ZUMBA <i>BY CON</i>		17:00 AB BLAST FITNESS TEAM - FREE	19:00 YOGA <i>BY SAKEER</i>
TUESDAY	18:00 DANCE AEROBICS <i>BY NIMA</i>		10:00 AB BLAST FITNESS TEAM - FREE	
	19:00 SPIN & ABS <i>BY SIMON</i>		17:00 VIPR INTRO - FREE	
WEDNESDAY		18:00 KICKBOXING <i>BY NAT</i>	10:00 VIPR INTRO - FREE	
			17:00 AB BLAST FITNESS TEAM - FREE	19:00 YOGA <i>BY SAKEER</i>
THURSDAY	18:00 STEP & ABS <i>BY NIMA</i>			
	19:00 CIRCUIT TRAINING <i>BY HASTINGS</i>			
FRIDAY		09:00 BOXFIT <i>BY GAYAN</i>	10:00 AB BLAST FITNESS TEAM - FREE	
SATURDAY				
			17:00 AB BLAST FITNESS TEAM - FREE	19:00 YOGA <i>BY SAKEER</i>

- All classes taking place in the **Park Area** are 15 minutes only.
- Do not forget to collect your class token from reception.
- Sign in at reception from 30 minutes before class starts to book your spot as numbers are limited.

T: 04 702 2430 | www.naturalelementsduhai.com

optimal**FITNESS**

