



F4L PREMIER - GROUP CLASSES TIMETABLE (MIXED CLASSES)

MARCH 2023

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00		LES MILLS BODYPUMP			LES MILLS BODYPUMP		
		GX STUDIO 1HR ASMAA			GX STUDIO 1HR HAMZA		
9:00		CORE			LES MILLS BODYATTACK		YOGA
		FUNCTIONAL AREA 45 MIN ASMAA			GX STUDIO 1HR HAMZA		GX STUDIO 1HR SAREEN
10:00						LES MILLS BODYPUMP	RPM
						GX STUDIO 1HR RICHARD	ROOM 1 45 MIN LARA
11:00						RPM	
						GX STUDIO 45MIN ADLY	
18:30			LES MILLS BODYPUMP				
			GX STUDIO 1HR ASMAA				
19:30		RPM	CORE	LES MILLS BODYPUMP			
		ROOM 1 45 MIN ADLY	GX STUDIO 45 MIN ASMAA	GX STUDIO 1 HR NADINE			



F4L PREMIER - GROUP CLASSES TIMETABLE (LADIES ONLY)

MARCH 2023

TIME	MON	TUE	WED	THU	FRI	SAT	SUN	
8:00	LES MILLS BODYPUMP		STEP	LES MILLS BODYATTACK		HATHA FLOW YOGA		
	GX STUDIO 1 HR ASMAA		GX STUDIO 1 HR MADLEN	GX STUDIO 1 HR ASMAA		GX STUDIO 1 HR SEETHA		
9:00	HIIT		ZUMBA		LES MILLS BODYPUMP		PILATES	
	GX STUDIO 1 HR ASMAA	GX STUDIO 1 HR JUILETE	GX STUDIO 1 HR MADLEN	GX STUDIO 1 HR ASMAA		GX STUDIO 1 HR RESHMI		
10:00	CORE		PILATES		HATHA FLOW YOGA		LES MILLS BODYCOMBAT	
	GX STUDIO 45 MIN ASMAA	GX STUDIO 1 HR ASMAA	ROOM 1 1 HR RESHMI	GX STUDIO 1 HR SEETHA	GX STUDIO 1 HR ASMAA		GX STUDIO 1 HR DEEDA	
11:00					CORE		LES MILLS BODYCOMBAT	
					GX STUDIO 1 HR ASMAA		GX STUDIO 1 HR DEEDA	
17:30	LES MILLS BODYPUMP		BUTT BLAST		ZUMBA		JUMP4LIFE	
	GX STUDIO 1 HR DEEDA		GX STUDIO 1 HR ASMAA	GX STUDIO 1 HR MADLEN	GX STUDIO 45 MIN JANETH			
18:30	ZUMBA		LES MILLS BODYPUMP		BUTT BLAST		BELLY DANCING	
	GX STUDIO 1 HR MADLEN	GX STUDIO 1 HR NADINE		GX STUDIO 1 HR MADLEN			GX STUDIO 1 HR MAHA	
19:30	CORE		BELLY DANCING					
	GX STUDIO 45 MIN MADLEN	GX STUDIO 1 HR JUILTA						
20:30		HATHA FLOW YOGA						
		ROOM 1 1 HR SAREEN						