



F4L PREMIER – GROUP CLASSES

TIMETABLE – SEPTEMBER 1ST TO 30TH, 2023

MIXED CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00		LES MILLS BODYPUMP 1HR ASMAA GX STUDIO			LES MILLS BODYPUMP 1HR HAMZA GX STUDIO		
09:00		CORE 45 MIN ASMAA FUNC. AREA			LES MILLS BODYPUMP 1HR HAMZA GX STUDIO		YOGA 1HR SAREEN GX STUDIO
10:00						LES MILLS BODYPUMP 1HR RICHARD GX STUDIO	
11:00						RPM 45 MIN ADLY GX STUDIO	
18:30	Bootcamp 45 MIN ASMAA FUNC. AREA		LES MILLS BODYPUMP 1 HR ASMAA GX STUDIO	RPM 45 MIN LARA ROOM 1			
19:30		RPM 45 MIN ADLY ROOM 1	CORE 45 MIN ASMAA GX STUDIO	LES MILLS BODYPUMP 1HR NADINE GX STUDIO			CORE 45 MIN ASMAA GX STUDIO

