

F4L PREMIER – GROUP CLASSES

TIMETABLE - 1ST-29TH FEBRUARY 2024

LADIES CLUB

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	HIIT 45 MIN ASMAA GX STUDIO		STEP 1HR MADLEN GX STUDIO	LES MILLS BODYPUMP 1HR ASMAA GX STUDIO			
09:00	LES MILLS BODYPUMP 1HR ASMAA GX STUDIO	PILATES 1HR RESHMI GX STUDIO	CORE 45 MIN MADLEN GX STUDIO	BUTT BLAST 1 HR ASMAA GX STUDIO		PILATES 1 HR RESHMI GX STUDIO	
10:00	CORE 45 MIN ASMAA GX STUDIO	BELLY DANCING 1HR JUILETE GX STUDIO	ZUMBA 1HR MADLEN GX STUDIO	HATHA FLOW YOGA 1HR SEETHA GX STUDIO	LES MILLS BODYCOMBAT 1HR ASMAA GX STUDIO		LES MILLS BODYCOMBAT 1HR DEEDA GX STUDIO
11:00		HATHA FLOW YOGA 1HR SEETHA GX STUDIO			CORE 45 MIN ASMAA GX STUDIO		HIIT 45 MIN DEEDA GX STUDIO
17:30	LES MILLS BODYCOMBAT 1HR DEEDA GX STUDIO		BUTT BLAST 1 HR ASMAA GX STUDIO	POWER STRENGTH 1 HR MADLEN GX STUDIO			
18:30	ZUMBA 1HR MADLEN GX STUDIO	BARREL CONDITIONING 1HR NADINE GX STUDIO		ZUMBA 1HR MADLEN GX STUDIO			
19:30	CORE 45 MIN MADLEN GX STUDIO	BELLY DANCING 1HR JUILETE GX STUDIO		JUMP 4 LIFE 45 MIN JANETH GX STUDIO			

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MIXED CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00		LES MILLS BODYPUMP 1HR ASMAA GX STUDIO			BURN 4 LIFE 45 MIN HAMZA GX STUDIO		
09:00					CORE 45 MIN HAMZA GX STUDIO		
10:00						LES MILLS BODYPUMP 1HR RICHARD GX STUDIO	
11:00						RPM 45 MIN ADLY ROOM 1	
18:30	BURN 4 LIFE 45 MIN ASMAA GX STUDIO		LES MILLS BODYPUMP 1HR ASMAA GX STUDIO				
19:30		CYCLING 45 MIN ADLY ROOM 1	CORE 45 MIN ASMAA GX STUDIO				