



F4L PREMIER – GROUP CLASSES

RAMADAN TIME TABLE MARCH 11-APRIL 12 2024 **MIXED CLASSES**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00		BODYPUMP 1HR (25) ASMAA GX STUDIO					
						BODYPUMP 1HR (25) RICHARD GX STUDIO	
10:00							
11:00							
AFTERNOON CLASSES							
16:15						BURN 4LIFE 45 MINS HAMZA GX STUDIO	
17:15						CORE 45 MIN (25) HAMZA GX STUDIO	
17:00						RPM 45 MIN LILO ROOM 1	
20:30							
21:30			BODYPUMP 1HR (25) ASMAA GX STUDIO		BODYPUMP 1HR (25) NADINE GX STUDIO		
22:30	BURN 4LIFE 45 MIN (12) ASMAA ROOM 1		CORE 45 MIN (25) ASMAA GX STUDIO				



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RAMADAN TIME TABLE MARCH 11 -APRIL 12 2024 **LADIES ONLY**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	BODYPUMP		POWER STRENGTH	BUTT BLAST			
	1hr (25) ASMAA			1 hr MADLEN	1hr (25) ASMAA		
	GX STUDIO		GX STUDIO		GX STUDIO		
10:00	CORE		BRAZILIAN BUTT	LES MILLS BODYPUMP		LES MILLS BODYCOMBAT	
	45 MIN (25) ASMAA	1 hr (25) RESHMI		1 hr (25) MADLEN	1hr (25) ASMAA	1hr ASMAA	
	GX STUDIO		GX STUDIO		GX STUDIO		
11:00							
					YOGA		
					1 HR SHEETHA		
					GX STUDIO		
AFTERNOON CLASSES							
16:00					ZUMBA		
					1 HR (35) MADLEN		
					GX STUDIO		
17:00					CORE		
					1 HR (25) MADLEN		
					GX STUDIO		
16:45	BODYPUMP						BARBEL CONDITIONING
	1hr (25) ASMAA						1HR (25) NADINE
	GX STUDIO						GX STUDIO
20:30	ZUMBA		BARBEL CONDITIONING		BUTT BLAST		
	1HR MADLEN		1hr NADINE		1hr (25) ASMAA		
	GX STUDIO		GX STUDIO		GX STUDIO		
21:30	STEP		BELLY DANCING		CYCLING		
	45 MIN (25) MADLEN		1HR (45) JUILETE		1 HR (10) LILO		
	GX STUDIO		GX STUDIO		ROOM 1		