



Class timetable

Meydan Community

26 th October Saturday	27 th October Sunday	28 th October Monday	29 th October Tuesday	30 th October Wednesday
Ignite Bootcamp 8:00-8:30	Yoga 8:00-8:30			
Lift 8:45-9:15	Breathwork 8:45-9:15	Ignite Bootcamp 18:00-18:30	BodyCombat 18:00-18:30	Ignite Bootcamp 18:00-18:30
Ignite Bootcamp 9:30-10:00	Yoga 9:30-10:00	Lift 18:45-19:15	Zumba 18:45-19:15	Lift 18:45-19:15
		Ignite Bootcamp 19:30-20:00	BodyAttack 19:30-20:00	Ignite Bootcamp 19:30-20:00
31 st October Thursday	1 st November Friday	2 nd November Saturday	3 rd November Sunday	4 th November Monday
		Hero Event COUPLES YOGA 9:00-11:00 AM	Fortify 8:00-8:30	
Fortify 18:00-18:30	BodyCombat 18:00-18:30		Ignite Bootcamp 8:45-9:15	Ignite Bootcamp 18:00-18:30
Bootcamp 18:45-19:15	Bootcamp 18:45-19:15		Fortify 9:30-10:00	Lift 18:45-19:15
Fortify 19:30-20:00	BodyAttack 19:30-20:00			Ignite Bootcamp 19:30-20:00

Jumeirah Village Triangle

5 th November Tuesday	6 th November Wednesday	7 th November Thursday	8 th November Friday	9 th November Saturday
				Hero Event ZUMBA/GX 9:00-11:00 AM
Ignite Bootcamp 18:00-18:30	BodyCombat 18:00-18:30	Fortify 18:00-18:30	Ignite Bootcamp 18:00-18:30	
Lift 18:45-19:15	Zumba 18:45-19:15	Ignite Bootcamp 18:45-19:15	Lift 18:45-19:15	
Ignite Bootcamp 19:30-20:00	BodyAttack 19:30-20:00	Fortify 19:30-20:00	Ignite Bootcamp 19:30-20:00	
10 th November Sunday	11 th November Monday	12 th November Tuesday	13 th November Wednesday	
Yoga 8:00-8:30			No Class	
Breathwork 8:45-9:15	Ignite Bootcamp 18:00-18:30	BodyCombat 18:00-18:30		
Yoga 9:30-10:00	Lift 18:45-19:15	Zumba 18:45-19:15		
	Ignite Bootcamp 19:30-20:00	BodyAttack 19:30-20:00		

The Palm Jumeirah

14 th November Thursday	15 th November Friday	16 th November Saturday	17 th November Sunday	18 th November Monday	
		BodyCombat 8:00-8:30	Yoga 8:00-8:30		
Ignite Bootcamp 18:00-18:30	Fortify 18:00-18:30	Zumba 8:45-9:15	Breathwork 8:45-9:15	Ignite Bootcamp 18:00-18:30	
Lift 18:45-19:15	Ignite Bootcamp 18:45-19:15	BodyAttack 9:30-10:00	Pilates 9:30-10:00	Lift 18:45-19:15	
Ignite Bootcamp 19:30-20:00	Fortify 19:30-20:00			Ignite Bootcamp 19:30-20:00	
19 th November Tuesday	20 th November Wednesday	21 st November Thursday	22 nd November Friday	23 rd November Saturday	24 th November Sunday
				Hero Event IGNITE BOOTCAMP 9:00-11:00 AM	Yoga 8:00-8:30
BodyCombat 18:00-18:30	Ignite Bootcamp 18:00-18:30	Fortify 18:00-18:30	Ignite Bootcamp 18:00-18:30		Breathwork 8:45-9:15
Zumba 18:45-19:15	Lift 18:45-19:15	Ignite Bootcamp 18:45-19:15	Lift 18:45-19:15		Yoga 9:30-10:00
BodyAttack 19:30-20:00	Ignite Bootcamp 19:30-20:00	Fortify 19:30-20:00	Ignite Bootcamp 19:30-20:00		

