Palm West Beach by Wellfit

CLASS TIMETABLE

WEEK 1

31st October Saturday	1st November Sunday	2nd November Monday	3rd November Tuesday	4th November Wednesday	5th November Thursday	6th November Friday
Wellrun - Coach Azzam 6:00 - 6:30	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30	**Wellrun** - Coach MJ 6:00 - 6:30	**Les Mills** - Coach Cielo 6:45 - 7:15	**Lift** - Coach MJ 6:45 - 7:15	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30
Lift - Coach Azzam 6:45 - 7:15	**Pilates** - Coach Inessa 6:45 - 7:15	**Pilates** - Coach Inessa 6:45 - 7:15	**Lift** - Coach MJ 6:45 - 7:15	**Les Mills** - Coach Cielo 7:30 - 8:00	**Ignite** - Coach MJ 7:30 - 8:00	**Pilates** - Coach Inessa 6:45 - 7:15
Ignite Beach Workout - Coach Azzam 7:30 - 8:00	**Lift** - Coach Arthur 7:30 - 8:00	**Sunset Yoga** - Coach Aysha 17:00 - 17:30	**Lift** - Coach Arthur 17:00 - 17:30	**Sunset Yoga** - Coach Aysha 17:00 - 17:30	**Lift** - Coach Arthur 17:00 - 17:30	**Les Mills CH** - Coach Cielo 7:30 - 8:00
Les Mills Bodypump - Coach Lusi 8:15 - 8:45	**Ignite** - Coach Arthur 8:15 - 8:45	**Pilates** - Coach Aysha 17:45 - 18:15	**Ignite** - Coach Arthur 17:45 - 18:15	**Pilates** - Coach Aysha 17:45 - 18:15	**Ignite** - Coach Arthur 17:45 - 18:15	**Les Mills Core** - Coach Cielo 8:15 - 8:45
Zumba - Coach Lusi 9:00 - 9:30	**Ignite Beach Workout** - Coach Monika 17:00 - 17:30	**Les Mills Bodypump** - Coach Maya 18:30 - 19:00	**Les Mills CH** - Coach Cielo 18:30 - 19:00	**Les Mills Bodypump** - Coach Maya 18:30 - 19:00	**Les Mills CH** - Coach Bazi 18:30 - 19:00	**Family Wellrun** - Coach Bill 17:00 - 17:30
Sunset Yoga - Coach Aysha 17:00 - 17:30	**Lift** - Coach Monika 17:45 - 18:15	**Les Mills Core** - Coach Maya 19:15 - 19:45	**Les Mills Core** - Coach Cielo 19:15 - 19:45	**Les Mills Core** - Coach Maya 19:15 - 19:45	**Les Mills Bodycombat** - Coach Bazi 19:15 - 19:45	**Family Bodyweight Workout** - Coach Bill 17:45 - 18:15
Pilates - Coach Aysha 17:45 - 18:15	**Les Mills Bodypump** - Coach Lusi 18:30 - 19:00					**Les Mills Bodypump** - Coach Maya 18:30 - 19:00
Les Mills CH - Coach Bazi 18:30 - 19:00	**Zumba** - Coach Lusi 19:15 - 19:45					**Les Mills Core** - Coach Maya 19:15 - 19:45
Les Mills Bodycombat - Coach Bazi 19:15 - 19:45						

WEST BEACH | DUBAI FITNESS CHALLENGE | WELLFIT 30x30

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CLASS TIMETABLE

WEEK 2

7th November Saturday	8th November Sunday	9th November Monday	10th November Tuesday	11th November Wednesday	12th November Thursday	13th November Friday
Wellrun - Coach Monika 6:00 - 6:30	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30	**Wellrun** - Coach MJ 6:00 - 6:30	**Les Mills** - Coach Cielo 6:45 - 7:15	**Lift** - Coach MJ 6:45 - 7:15	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30
Lift - Coach Monika 6:45 - 7:15	**Pilates** - Coach Inessa 6:45 - 7:15	**Pilates** - Coach Inessa 6:45 - 7:15	**Lift** - Coach MJ 6:45 - 7:15	**Les Mills** - Coach Cielo 7:30 - 8:00	**Ignite** - Coach MJ 7:30 - 8:00	**Pilates** - Coach Inessa 6:45 - 7:15
Ignite Beach Workout - Coach Monika 7:30 - 8:00	**Lift** - Coach Arthur 7:30 - 8:00	**Sunset Yoga** - Coach Aysha 17:00 - 17:30	**Lift** - Coach Arthur 17:00 - 17:30	**Sunset Yoga** - Coach Aysha 17:00 - 17:30	**Lift** - Coach Arthur 17:00 - 17:30	**Les Mills CH** - Coach Cielo 7:30 - 8:00
Les Mills Bodypump - Coach Lusi 8:15 - 8:45	**Ignite** - Coach Arthur 8:15 - 8:45	**Pilates** - Coach Aysha 17:45 - 18:15	**Ignite** - Coach Arthur 17:45 - 18:15	**Pilates** - Coach Aysha 17:45 - 18:15	**Ignite** - Coach Arthur 17:45 - 18:15	**Les Mills Core** - Coach Cielo 8:15 - 8:45
Zumba - Coach Lusi 9:00 - 9:30	**Ignite Beach Workout** - Coach Monika 17:00 - 17:30	**Les Mills Bodypump** - Coach Maya 18:30 - 19:00	**Les Mills CH** - Coach Cielo 18:30 - 19:00	**Les Mills Bodypump** - Coach Maya 18:30 - 19:00	**Les Mills CH** - Coach Bazi 18:30 - 19:00	**Family Wellrun** - Coach Bill 17:00 - 17:30
Sunset Yoga - Coach Aysha 17:00 - 17:30	**Lift** - Coach Monika 17:45 - 18:15	**Les Mills Core** - Coach Maya 19:15 - 19:45	**Les Mills Core** - Coach Cielo 19:15 - 19:45	**Les Mills Core** - Coach Maya 19:15 - 19:45	**Les Mills Bodycombat** - Coach Bazi 19:15 - 19:45	**Family Bodyweight Workout** - Coach Bill 17:45 - 18:15
Pilates - Coach Aysha 17:45 - 18:15	**Les Mills Bodypump** - Coach Lusi 18:30 - 19:00					**Les Mills Bodypump** - Coach Maya 18:30 - 19:00
Les Mills CH - Coach Bazi 18:30 - 19:00	**Zumba** - Coach Lusi 19:15 - 19:45					**Les Mills Core** - Coach Maya 19:15 - 19:45
Les Mills Bodycombat - Coach Bazi 19:15 - 19:45						

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Palm West Beach by Wellfit

CLASS TIMETABLE

WEEK 3

14th November Saturday	15th November Sunday	16th November Monday	17th November Tuesday	18th November Wednesday	19th November Thursday	20th November Friday
Wellrun - Coach MJ 6:00 - 6:30	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30	**Wellrun** - Coach MJ 6:00 - 6:30	**Les Mills** - Coach Cielo 6:45 - 7:15	**Lift** - Coach MJ 6:45 - 7:15	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30
Lift - Coach MJ 6:45 - 7:15	**Pilates** - Coach Inessa 6:45 - 7:15	**Pilates** - Coach Inessa 6:45 - 7:15	**Lift** - Coach MJ 6:45 - 7:15	**Les Mills** - Coach Cielo 7:30 - 8:00	**Ignite** - Coach MJ 7:30 - 8:00	**Pilates** - Coach Inessa 6:45 - 7:15
Ignite Beach Workout - Coach MJ 7:30 - 8:00	**Lift** - Coach Arthur 7:30 - 8:00	**Sunset Yoga** - Coach Aysha 17:00 - 17:30	**Lift** - Coach Arthur 17:00 - 17:30	**Sunset Yoga** - Coach Aysha 17:00 - 17:30	**Lift** - Coach Arthur 17:00 - 17:30	**Les Mills CH** - Coach Cielo 7:30 - 8:00
Les Mills Bodypump - Coach Lusi 8:15 - 8:45	**Ignite** - Coach Arthur 8:15 - 8:45	**Pilates** - Coach Aysha 17:45 - 18:15	**Ignite** - Coach Arthur 17:45 - 18:15	**Pilates** - Coach Aysha 17:45 - 18:15	**Ignite** - Coach Arthur 17:45 - 18:15	**Les Mills Core** - Coach Cielo 8:15 - 8:45
Zumba - Coach Lusi 9:00 - 9:30	**Ignite Beach Workout** - Coach Monika 17:00 - 17:30	**Les Mills Bodypump** - Coach Maya 18:30 - 19:00	**Les Mills CH** - Coach Cielo 18:30 - 19:00	**Les Mills Bodypump** - Coach Maya 18:30 - 19:00	**Les Mills CH** - Coach Bazi 18:30 - 19:00	**Family Wellrun** - Coach Bill 17:00 - 17:30
Sunset Yoga - Coach Aysha 17:00 - 17:30	**Lift** - Coach Monika 17:45 - 18:15	**Les Mills Core** - Coach Maya 19:15 - 19:45	**Les Mills Core** - Coach Cielo 19:15 - 19:45	**Les Mills Core** - Coach Maya 19:15 - 19:45	**Les Mills Bodycombat** - Coach Bazi 19:15 - 19:45	**Family Bodyweight Workout** - Coach Bill 17:45 - 18:15
Pilates - Coach Aysha 17:45 - 18:15	**Les Mills Bodypump** - Coach Lusi 18:30 - 19:00					**Les Mills Bodypump** - Coach Maya 18:30 - 19:00
Les Mills CH - Coach Bazi 18:30 - 19:00	**Zumba** - Coach Lusi 19:15 - 19:45					**Les Mills Core** - Coach Maya 19:15 - 19:45
Les Mills Bodycombat - Coach Bazi 19:15 - 19:45						

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CLASS TIMETABLE

WEEK 4

21st November Saturday	22nd November Sunday	23rd November Monday	24th November Tuesday	25th November Wednesday	26th November Thursday	27th November Friday
Wellrun - Coach Rana 6:00 - 6:30	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30	**Wellrun** - Coach MJ 6:00 - 6:30	**Les Mills** - Coach Cielo 6:45 - 7:15	**Lift** - Coach MJ 6:45 - 7:15	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30
Lift - Coach Rana 6:45 - 7:15	**Pilates** - Coach Inessa 6:45 - 7:15	**Pilates** - Coach Inessa 6:45 - 7:15	**Lift** - Coach MJ 6:45 - 7:15	**Les Mills** - Coach Cielo 7:30 - 8:00	**Ignite** - Coach MJ 7:30 - 8:00	**Pilates** - Coach Inessa 6:45 - 7:15
Ignite Beach Workout - Coach Rana 7:30 - 8:00	**Lift** - Coach Arthur 7:30 - 8:00	**Sunset Yoga** - Coach Aysha 17:00 - 17:30	**Lift** - Coach Arthur 17:00 - 17:30	**Sunset Yoga** - Coach Aysha 17:00 - 17:30	**Lift** - Coach Arthur 17:00 - 17:30	**Les Mills CH** - Coach Cielo 7:30 - 8:00
Les Mills Bodypump - Coach Lusi 8:15 - 8:45	**Ignite** - Coach Arthur 8:15 - 8:45	**Pilates** - Coach Aysha 17:45 - 18:15	**Ignite** - Coach Arthur 17:45 - 18:15	**Pilates** - Coach Aysha 17:45 - 18:15	**Ignite** - Coach Arthur 17:45 - 18:15	**Les Mills Core** - Coach Cielo 8:15 - 8:45
Zumba - Coach Lusi 9:00 - 9:30	**Ignite Beach Workout** - Coach Monika 17:00 - 17:30	**Les Mills Bodypump** - Coach Maya 18:30 - 19:00	**Les Mills CH** - Coach Cielo 18:30 - 19:00	**Les Mills Bodypump** - Coach Maya 18:30 - 19:00	**Les Mills CH** - Coach Bazi 18:30 - 19:00	**Family Wellrun** - Coach Bill 17:00 - 17:30
Sunset Yoga - Coach Aysha 17:00 - 17:30	**Lift** - Coach Monika 17:45 - 18:15	**Les Mills Core** - Coach Maya 19:15 - 19:45	**Les Mills Core** - Coach Cielo 19:15 - 19:45	**Les Mills Core** - Coach Maya 19:15 - 19:45	**Les Mills Bodycombat** - Coach Bazi 19:15 - 19:45	**Family Bodyweight** Workout - Coach Bill 17:45 - 18:15
Pilates - Coach Aysha 17:45 - 18:15	**Les Mills Bodypump** - Coach Lusi 18:30 - 19:00					**Les Mills Bodypump** - Coach Maya 18:30 - 19:00
Les Mills CH - Coach Bazi 18:30 - 19:00	**Zumba** - Coach Lusi 19:15 - 19:45					**Les Mills Core** - Coach Maya 19:15 - 19:45
Les Mills Bodycombat - Coach Bazi 19:15 - 19:45						

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CLASS TIMETABLE

WEEK 5

28th November Saturday	29th November Sunday
Wellrun - Coach Azzam 6:00 - 6:30	**Sunrise Yoga** - Coach Inessa 6:00 - 6:30
Lift - Coach Azzam 6:45 - 7:15	**Pilates** - Coach Inessa 6:45 - 7:15
Ignite Beach Workout - Coach Azzam 7:30 - 8:00	**Lift** - Coach Arthur 7:30 - 8:00
Les Mills Bodypump - Coach Lusi 8:15 - 8:45	**Ignite** - Coach Arthur 8:15 - 8:45
Zumba - Coach Lusi 9:00 - 9:30	**Ignite Beach Workout** - Coach Monika 17:00 - 17:30
Sunset Yoga - Coach Aysha 17:00 - 17:30	**Lift** - Coach Monika 17:45 - 18:15
Pilates - Coach Aysha 17:45 - 18:15	**Les Mills Bodypump** - Coach Lusi 18:30 - 19:00
Les Mills CH - Coach Bazi 18:30 - 19:00	**Zumba** - Coach Lusi 19:15 - 19:45
Les Mills Bodycombat - Coach Bazi 19:15 - 19:45	

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