

# FITNESS 360 CLASSES



## GROUP EXERCISE STUDIO

	SAT	SUN	MON	TUE	WED	THU	FRI
9:00AM		ZUMBA fitness				LES MILLS BODYJAM	
10:00AM	ZUMBA fitness	YOGA360			LES MILLS BODYCOMBAT	LBT	
11:00AM					LES MILLS BODYBALANCE		
4:00PM					ZUMBA fitness		
5:00PM	LBT	LES MILLS BODYATTACK	LES MILLS BODYJAM	LES MILLS BODYATTACK	YOGA360	YOGA360	
6:00PM	LES MILLS BODYCOMBAT	YOGA360	PILATES360	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	CORE	ZUMBA fitness
6:30PM				LES MILLS BODYJAM			
7:00PM	ZUMBA fitness	ZUMBA fitness	LES MILLS BODYCOMBAT	PILATES360	ZUMBA fitness		
9:00PM	LES MILLS BODYBALANCE	PILATES360	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	YOGA360		

## SKILLMILL/FUNCTIONAL AREA - 30 MIN ONLY

	SAT	SUN	MON	TUE	WED	THU	FRI
10:30AM	FIT 360° PT/GX		FIT 360° PT/GX	FIT 360° PT/GX	FIT 360° PT/GX		FIT 360° PT/GX
11:00AM							
5:00PM	FIT 360° PT/GX				FIT 360° PT/GX		
6:00PM		FIT 360° PT/GX				FIT 360° PT/GX	
8:30PM		FIT 360° PT/GX	FIT 360° PT/GX	FIT 360° PT/GX			
9:15PM		FIT 360° PT/GX				FIT 360° PT/GX	FIT 360° PT/GX
10:30PM			FIT 360° PT/GX				

## TECHNOGYM SPIN STUDIO

	SAT	SUN	MON	TUE	WED	THU	FRI
9:00AM		LES MILLS RPM		LES MILLS RPM			
2:00PM							
3:00PM				LES MILLS RPM			
4:30PM		LES MILLS RPM			LES MILLS RPM	LES MILLS RPM	
6:00PM			LES MILLS RPM				
7:00PM				LES MILLS RPM		LES MILLS RPM	LES MILLS RPM
9:00PM		LES MILLS RPM			LES MILLS RPM		

## UNLIMITED DAY PASS

UNLIMITED DAY PASS	AED 30
PER CLASS	AED 15
FIT 360 (FORMER CIRCUIT) - 30 MINS ONLY	AED 10
class all you can (one month)	AED 360

## CONTACT