



Class Schedule

POLO VILLAGE - MEYDAN

SUN

MON

TUE

WED

THU

FRI

SAT

HIIT
18:30-19:15
(FOUED)

HIIT
19:30-20:15
(MOHAMMED)

**VINYASA
YOGA**
11:00-12:00
(YULIYA)

**VINYASA
YOGA**
11:00-12:00
(YULIYA)

**STRENGTH &
CONDITIONING**
19:30-20:30
(MOHAMMED)

**GROUP
CYCLING**
19:00-20:00
(REMI)

**BODY
BALANCE**
20:00-21:00
(FOUED)

**STRENGTH &
CONDITIONING**
16:00-17:00
(MOHAMMED)

**TOTAL BODY
WORKOUT**
10:00-11:00
(FOUED)

**BODY
BALANCE**
8:00-9:00
(FOUED)

**CIRCUIT
TRAINING**
14:00-15:00
(MOHAMMED)

**GROUP
CYCLING**
10:00-11:00
(REMI)



Class Schedule

DAMAC TOWER 108 - JVC

SUN

MON

TUE

WED

THU

FRI

SAT

HIIT
8:00-8:30
(REMI)

ABS CLASS
9:00-9:30
(SHAMSHEER)

FUNCTIONAL TRAINING
9:00-9:45
(SHAMSHEER)

LBT CLASS
8:00-8:45
(SHAMSHEER)

TOTAL BODY WORKOUT
10:00-10:45
(SHAMSHEER)

CIRCUIT TRAINING
7:00-7:45
(SHAMSHEER)

FUNCTIONAL TRAINING
10:00-10:45
(SHAMSHEER)

CIRCUIT TRAINING
14:00-14:45
(REMI)

FUNCTIONAL TRAINING
18:00-18:45
(SHAMSHEER)

HIIT
18:30-19:00
(SHAMSHEER)

CIRCUIT TRAINING
18:30-19:15
(REMI)

STRENGTH & CONDITIONING
19:00-19:45
(REMI)

ABS CLASS
21:00-21:30
(SHAMSHEER)