

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
9:15		HIIT Circuit Asif (A)	Burj Tone Asif (B)	Burj Pump Asif (A)	6 Pax Attack Asif (A)	HIIT Circuit Asif (A)	
12:00		VIPR Asif (B)	Kids Fitness Asif (6-12 yrs)	6 Pax Attack Asif (B)	Pool Games Asif (6-12 yrs)	VIPR Asif (B)	6 Pax Attack Asif (B)
16:30		6 Pax Attack Asif (A)	Burj Pump Asif (A)	Burj Tone Asif (A)	Burj Pump Asif (B)	6 Pax Attack Asif (A)	Burj Tone Asif (A)

## A – Advance B – Beginner

**Hatha Yoga** is a 60-min practice that focuses on mindfulness and puts an emphasis on breath, posture, and meditation. It can help with raising mood levels and is practiced at a slower pace, with focus on controlled movements and stretching.

**Burj Tone** is a 60-min strength training involves exercises for upper and lower body.

**Burj Pump** is a 45-min workout that's specifically designed to help you get lean and fit.

**HIIT Circuit** is a 45-min full body intensive workout to burn fat.

**6 Pax Attack** is a 45-min class to strengthen the abdominal muscles.

**Kids Fitness** is physical activities to build strength, coordination, and confidence; to lay the groundwork for a healthy lifestyle.

**Pool Games** for building confidence around a swimming pool by learning new swimming skills.

**VIPR Training** combines strength and fitness training to increase muscle definition, burn calories and reduce body fat while increasing flexibility.