

BODYISM

SAADIYAT

DECEMBER SCHEDULE

	Sunday, 29.11.2020	Monday, 30.11.2020	Tuesday 01.12.2020	Wednesday, 02.12.2020	Thursday, 03.12.2020	Friday, 04.12.2020	Saturday, 05.12.2020
Morning	<p>BODYISM WARRIOR 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA</p> <p>BODYISM PILATES 10:30-11:30 SELENA</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>AERIAL YOGA 9:00-10:00 ZEM</p>	<p>BODYISM WARRIOR 7.00-8.00 FREEDOM</p> <p>BOXING BURN (SHADOW) 9.00-9.50 GEMMA</p> <p>TRIGGER POINT 10:00-10:45 AMRA</p>	<p>BODYISM WARRIOR* Strength and Conditioning 7.00-7.50 GEMMA</p> <p>BODYISM SIGNATURE* ADVANCED 8.00- 8.50 FREEDOM</p> <p>BODYISM PILATES 9:00-9:50 ZEM</p> <p>BODYISM PILATES 10:00-11:00 ZEM</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>BODYISM YOGA 9:00-10:00 ZEM</p> <p>BODYISM WARRIOR 9.00-10.00 FREEDOM</p>		
Afternoon		<p>BODYISM TEEN WARRIOR 12yr – 15yr 16.15 – 17.00 FREEDOM</p>	<p>BODYISM TEEN BURN 12yr – 15yr 16.15 – 17.00 FREEDOM</p> <p>MIDWEEK SUNSET YOGA 17.30- 18.30 ZEM</p>	<p>BODYISM TEEN SIGNATURE 12yr – 15yr 16.15 – 17.00 FREEDOM</p>			
Evening	<p>BODYISM PILATES 18:00-19:00 ZEM</p>	<p>BODYISM WARRIOR* 18.00-19.00 FREEDOM</p>	<p>BOXING BURN (SHADOW) 1800 – 19.00 GEMMA</p>	<p>ASHTANGA YOGA 18:00-19:00 KAMAL</p>			<p>BODYISM PILATES 18:00-19:00 ZEM</p>

BODYISM

SAADIYAT

DECEMBER SCHEDULE

	Sunday, 06.12.2020	Monday, 07.12.2020	Tuesday 08.12.2020	Wednesday, 09.12.2020	Thursday, 10.12.2020	Friday, 11.12.2020	Saturday, 12.12.2020
Morning	<p>BODYISM WARRIOR 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA</p> <p>BODYISM PILATES 10:30-11:30 SELENA</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>BODYISM YOGA 9:00-10:00</p> <p>BODYISM BURN* 9.00-10.00 FREEDOM</p>	<p>BODYISM WARRIOR 7.00– 8.00 FREEDOM</p> <p>BOXING BURN (SHADOW) 9.00-09.50 GEMMA</p> <p>TRIGGER POINT 10:00-10:45 AMRA</p>	<p>BODYISM WARRIOR* Strength and Conditioning 7.00-7.50 GEMMA</p> <p>BODYISM SIGNATURE* ADVANCED 8.00– 8.50 FREEDOM</p> <p>BODYISM PILATES 9:00-9:50 SELENA</p> <p>BODYISM PILATES 10:00-11:00 SELENA</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>BODYISM YOGA 9:00-10:00 SELENA</p> <p>BODYISM WARRIOR 9.00-10.00 FREEDOM</p>		
Afternoon		<p>BODYISM TEEN WARRIOR 12yr – 15yr 16.15 – 17.00 FREEDOM</p>	<p>BODYISM TEEN BURN 12yr – 15yr 16.15 – 17.00 FREEDOM</p> <p>MIDWEEK SUNSET YOGA 17.30- 18.30 ROSA</p>	<p>BODYISM TEEN SIGNATURE 12yr – 15yr 16.15 – 17.00 FREEDOM</p>			
Evening		<p>BODYISM WARRIOR* 18.00-19.00 FREEDOM</p>	<p>BOXING BURN (SHADOW) 1800 – 19.00 GEMMA</p>	<p>ASHTANGA YOGA 18:00-19:00 KAMAL</p>			<p>BODYISM PILATES 18:00-19:00 SELENA</p>

BODYISM

SAADIYAT

DECEMBER SCHEDULE

	Sunday, 13.12.2020	Monday, 14.12.2020	Tuesday 15.12.2020	Wednesday, 16.12.2020	Thursday, 17.12.2020	Friday, 18.12.2020	Saturday, 19.12.2020
Morning	<p>BODYISM WARRIOR 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA</p> <p>BODYISM PILATES 10:30-11:30 SELENA</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>BODYISM YOGA 9:00-10:00 ZEM</p> <p>BODYISM BURN* 9.00-10.00 FREEDOM</p>	<p>BODYISM WARRIOR 7.00-8.00 FREEDOM</p> <p>BOXING BURN (SHADOW) 9.00-9.50 GEMMA</p> <p>TRIGGER POINT 10:00-10:45 AMRA</p>	<p>BODYISM WARRIOR* Strength and Conditioning 7.00-7.50 GEMMA</p> <p>BODYISM SIGNATURE* ADVANCED 8.00-8.50 FREEDOM</p> <p>BODYISM PILATES 9:00-9:50 SELENA</p> <p>BODYISM PILATES 10:00-11:00 SELENA</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>AERIALYOGA 9:00-10:00 ZEM</p> <p>BODYISM WARRIOR 9.00-10.00 FREEDOM</p>		
Afternoon		<p>BODYISM TEEN WARRIOR 12yr – 15yr 16.15 – 17.00 FREEDOM</p>	<p>BODYISM TEEN BURN 12yr – 15yr 16.15 – 17.00 FREEDOM</p> <p>MIDWEEK SUNSET YOGA 17.30- 18.30 ZEM</p>	<p>BODYISM TEEN SIGNATURE 12yr – 15yr 16.15 – 17.00 FREEDOM</p>			
Evening	<p>AERIAL/ PILATES 18:00-19:00 ZEM</p>	<p>BODYISM WARRIOR* 18.00-19.00 FREEDOM</p>	<p>BOXING BURN (SHADOW) 1800 – 19.00 GEMMA</p>	<p>ASHTANGA YOGA 18:00-19:00 KAMAL</p>			<p>BODYISM PILATES 18:00-19:00 SELENA</p>

BODYISM

SAADIYAT

DECEMBER SCHEDULE

	Sunday, 20.12.2020	Monday, 21.12.2020	Tuesday 22.12.2020	Wednesday, 23.12.2020	Thursday, 24.12.2020	Friday, 25.12.2020	Saturday, 26.12.2020
Morning	<p>BODYISM WARRIOR 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA</p> <p>BODYISM PILATES 10:30-11:30 SELENA</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>BODYISM YOGA 9:00-10:00 ZEM</p> <p>BODYISM BURN* 9.00-10.00 FREEDOM</p>	<p>BODYISM WARRIOR 7.00-8.00 FREEDOM</p> <p>BOXING BURN (SHADOW) 9.00-9.50 GEMMA</p> <p>TRIGGER POINT 10:00-10:45 AMRA</p>	<p>BODYISM WARRIOR* Strength and Conditioning 7.00-7.50 GEMMA</p> <p>BODYISM SIGNATURE* ADVANCED 8.00-8.50 FREEDOM</p> <p>BODYISM PILATES 9:00-9:50 SELENA</p> <p>BODYISM PILATES 10:00-11:00 SELENA</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>AERIALYOGA 9:00-10:00 ZEM</p> <p>BODYISM WARRIOR 9.00-10.00 FREEDOM</p>		
	Afternoon		<p>BODYISM TEEN WARRIOR 12yr – 15yr 16.15 – 17.00 FREEDOM</p>	<p>BODYISM TEEN BURN 12yr – 15yr 16.15 – 17.00 FREEDOM</p> <p>MIDWEEK SUNSET YOGA 17.30- 18.30 ZEM</p>	<p>BODYISM TEEN SIGNATURE 12yr – 15yr 16.15 – 17.00 FREEDOM</p>		
	Evening	<p>AERIAL/ PILATES 18:00-19:00 ZEM</p>	<p>BODYISM WARRIOR* 18.00-19.00 FREEDOM</p>	<p>BOXING BURN (SHADOW) 1800 – 19.00 GEMMA</p>	<p>ASHTANGA YOGA 18:00-19:00 KAMAL</p>		

BODYISM

SAADIYAT

DECEMBER SCHEDULE

	Sunday, 27.12.2020	Monday, 28.12.2020	Tuesday 29.12.2020	Wednesday, 30.12.2020	Thursday, 31.12.2020	Friday, 01.01.2020	Saturday, 02.01.2020	
Morning	<p>BODYISM WARRIOR 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA</p> <p>BODYISM PILATES 10:30-11:30 SELENA</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>BODYISM YOGA 9:00-10:00 ZEM</p> <p>BODYISM BURN* 9.00-10.00 FREEDOM</p>	<p>BODYISM WARRIOR 7.00-8.00 FREEDOM</p> <p>BOXING BURN (SHADOW) 9.00-9.50 GEMMA</p> <p>TRIGGER POINT 10:00-10:45 AMRA</p>	<p>BODYISM WARRIOR* Strength and Conditioning 7.00-7.50 GEMMA</p> <p>BODYISM SIGNATURE* ADVANCED 8.00-8.50 FREEDOM</p> <p>BODYISM PILATES 9:00-9:50 SELENA</p> <p>BODYISM PILATES 10:00-11:00 SELENA</p>	<p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>BODYISM WARRIOR 9.00-10.00 FREEDOM</p>			
Afternoon		<p>BODYISM TEEN WARRIOR 12yr – 15yr 16.15 – 17.00 FREEDOM</p>	<p>BODYISM TEEN BURN 12yr – 15yr 16.15 – 17.00 FREEDOM</p> <p>MIDWEEK SUNSET YOGA 17.30-18.30 ZEM</p>	<p>BODYISM TEEN SIGNATURE 12yr – 15yr 16.15 – 17.00 FREEDOM</p>				
Evening	<p>AERIAL/ PILATES 18:00-19:00 ZEM</p>	<p>BODYISM WARRIOR* 18.00-19.00 FREEDOM</p>	<p>BOXING BURN (SHADOW) 1800 – 19.00 GEMMA</p>	<p>ASHTANGA YOGA 18:00-19:00 KAMAL</p>			<p>BODYISM PILATES 18:00-19:00 SELENA</p>	