

BODYISM

SAADIYAT

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	
<i>morning</i>	<p>BODYISM BURN* 6.15-7.00 DALE</p> <p>BODYISM BURN* 7.00-7.50 DALE</p> <p>GEMMA MONCUR ENDURANCE 8.15-9.15 GEMMA</p> <p>YOGA 4 TOTAL HEALTH- JOINT MOVEMENT 9.30 - 10.45 SHASHI</p>	<p>VINYASA FLOW 06.00-07:00 SHASHI</p> <p>BODYISM WARRIOR* 7.00-7.50 FREEDOM</p> <p>BODYISM WARRIOR 8.00-8.50 FREEDOM</p> <p>YOGA 4 TOTAL HEALTH- DIGESTIVE SERIES 9.00-10.15 SHASHI</p>	<p>BODYISM SIGNATURE ADVANCED* 6.15-7.00 FREEDOM</p> <p>GEMMA MONCUR FUNCTIONAL 7.15-8:00 ALEX</p> <p>GEMMA MONCUR STRENGTH 8.15-9.15 GEMMA</p>	<p>RESTORATIVE YOGA 06.00-07.00 SHASHI</p> <p>BODYISM BURN* 7.00-7.50 FREEDOM</p> <p>BODYISM BURN 8.00-8.50 FREEDOM</p> <p>YOGA 4 TOTAL HEALTH- SPINAL SERIES 09:00 – 10:15 SHASHI</p>	<p>BODYISM WARRIOR* 6.15-7.00 FREEDOM</p> <p>GEMMA MONCUR STRENGTH 7.15-8:00 ALEX</p> <p>GEMMA MONCUR FUNCTIONAL 8.15-9.15 GEMMA</p> <p>YOGA 4 TOTAL HEALTH- CARDIO & STRENGTH 9.30 – 10.45 SHASHI</p>			<p>YOGA 4 TOTAL HEALTH- PRANAYAMA MEDITATION 08.00 - 09.15 SHASHI</p>
<i>afternoon</i>			<p>BODYISM TEEN BURN 12yr – 15yr 16.15 – 17.00</p>		<p>BODYISM TEEN BURN 12yr – 15yr 16.15 – 17.00</p>			
<i>evening</i>	<p>HATHA YOGA 18:00-19:00 SHASHI</p>	<p>BODYISM BURN* 18.00-18.50 DALE</p>	<p>BODYISM WARRIOR 18:00-19.00 DALE</p>	<p>SUNSET YOGA (OUTDOOR) 17.30-18:30 SHASHI</p> <p>BODYISM SIGNATURE ADVANCED* 18.45-19.45 DALE</p>	<p>POWER FITNESS YOGA 18.00-19:00 SHASHI</p>			