

GYM

ON SAADIYAT

Group Exercise Timetable at Gym

December 2021

	SUN	MON	TUE	WED	THUR	FRI	SAT
MORNING							
06:15			FUSION Freedom (45 min)		POWER Dale (45 min)		
07:00	ENERGY Dale (50 min)	POWER Freedom (50 min)		ENERGY Freedom (50 min)	SUNRISE YOGA Shashi (60 min)		
07:15			GEMMA MONCUR FUNCTIONAL Alex (45 min)		GEMMA MONCUR STRENGTH Alex (50 min)		
08:00		POWER Freedom (50 min)		FUSION Freedom (50 min)			
08:15	GEMMA MONCUR ENDURANCE Gemma (60 min)		GEMMA MONCUR STRENGTH Gemma (60 min)		GEMMA MONCUR MOVEMENT Gemma (60 min)		
08:30						KIDS FITNESS 7yr-11yr (OUTDOOR) Dale (50 min)	
09:00	ANTI RHEUMATIC SERIES Shashi (75min)	DIGESTIVE SERIES Shashi (75 min)	SPINAL SERIES Shashi (75 min)	POWER FITNESS YOGA Shashi (75 min)	RESTORATIVE YIN YOGA Shashi (75 min)		
09:30						GEMMA MONCUR CONNECT Gemma/Alex (60 min)	ENERGY (OUTDOOR) Dale (60min)
						KIDS FITNESS 12yr-16yr (OUTDOOR) Dale (50 min)	
EVENING							
16:15			TEEN FITNESS 12yr-16yr Dale/Freedom (45 min)		TEEN FITNESS 12yr-16yr Dale/Freedom (45 min)		
18:00	VINYASA FLOW Shashi (60 min)	PRANAYAMA & MEDITATION Shashi (60 min)	HATHA YOGA Shashi (60 min)	RESTORATIVE YIN YOGA Shashi (60 min)	ENERGY Freedom (50 min)		
			POWER Dale (60 min)	FUSION DALE (60 min)			