

# BODYISM

SAADIYAT

## NOVEMBER SCHEDULE

	Sunday, 01.11.2020	Monday, 02.11.2020	Tuesday 03.11.2020	Wednesday, 04.11.2020	Thursday, 05.11.2020	Friday, 06.11.2020	Saturday, 07.11.2020
Morning	<p><b>BODYISM WARRIOR</b> 7.00-8.00 FREEDOM</p> <p><b>BODYISM WARRIOR</b> Strength and Conditioning 9.00-10.00 GEMMA</p> <p><b>BODYISM PILATES</b> 10:30-11:30 SELENA</p>	<p><b>BODYISM BURN*</b> 7.00-7.50 FREEDOM</p> <p><b>BODYISM WARRIOR</b> 8.00-9.00 FREEDOM</p> <p><b>AERIAL YOGA</b> 9:00-10:00 ZEM</p>	<p><b>BODYISM WARRIOR</b> 7.00-8.00 FREEDOM</p> <p><b>BOXING BURN (SHADOW)</b> 9.00-10.00 GEMMA</p> <p><b>BODYISM BURN*</b> 10.00-11.00 FREEDOM</p>	<p><b>BODYISM WARRIOR*</b> Strength and Conditioning 7.00-8.00 GEMMA</p> <p><b>BODYISM SIGNATURE*</b> ADVANCED 8.00-8.50 FREEDOM</p> <p><b>BODYISM PILATES</b> 9:00-10:00 SELENA</p>	<p><b>BODYISM BURN*</b> 7.00-8.00 FREEDOM</p> <p><b>HATHA WARRIOR</b> 9:00-10:00 ZEM</p> <p><b>BODYISM WARRIOR</b> 10.00-11.00 FREEDOM</p>		<p><b>BODYISM BURN*</b> 9.00-10.00 GEMMA</p>
Afternoon		<p><b>BODYISM TEEN WARRIOR</b> 12yr – 15yr 16.15 – 17.00 FREEDOM</p>	<p><b>MIDWEEK SUNSET YOGA</b> LOUNGE TERRACE 17.30-18.30 ZEM</p>	<p><b>BODYISM TEEN SIGNATURE</b> 12yr – 15yr 16.15 – 17.00 FREEDOM</p>			
Evening	<p><b>HATHA WARRIOR</b> YOGA 18:00-19:00 ZEM</p>	<p><b>BODYISM WARRIOR*</b> 18.00-19.00 FREEDOM</p>	<p><b>BODYISM BURN*</b> 18.00-19.00 FREEDOM</p>	<p><b>ASHTANGA YOGA</b> 18:00-19:00 KAMAL</p> <p><b>BOXING BURN (SHADOW)</b> 1800 – 19.00 GEMMA</p>	<p><b>BODYISM SIGNATURE*</b> ADVANCED 18.00-19.00 FREEDOM</p>		<p><b>BODYISM PILATES</b> 18:00-19:00 SELENA</p>

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## NOVEMBER SCHEDULE

	Sunday, 08.11.2020	Monday, 09.11.2020	Tuesday 10.11.2020	Wednesday, 11.11.2020	Thursday, 12.11.2020	Friday, 13.11.2020	Saturday, 14.11.2020	
Morning	<p><b>BODYISM WARRIOR</b> 7.00-8.00 FREEDOM</p> <p><b>BODYISM WARRIOR</b> Strength and Conditioning 9.00-10.00 GEMMA</p> <p><b>BODYISM PILATES</b> 10:30-11:30 SELENA</p>	<p><b>BODYISM BURN*</b> 7.00-7.50 FREEDOM</p> <p><b>BODYISM WARRIOR</b> 8.00-9.00 FREEDOM</p> <p><b>AERIAL YOGA</b> 9:00-10:00 ZEM</p>	<p><b>BODYISM SIGNATURE*</b> <b>ADVANCED</b> 7.00– 8.00 FREEDOM</p> <p><b>BOXING BURN</b> (SHADOW) 9.00-10.00 GEMMA</p> <p><b>BODYISM BURN*</b> 10.00– 11.00 FREEDOM</p>	<p><b>BODYISM WARRIOR*</b> Strength and Conditioning 7.00-8.00 GEMMA</p> <p><b>BODYISM BURN*</b> 8.00– 8.50 FREEDOM</p> <p><b>BODYISM PILATES</b> 9:00-10:00 SELENA</p>	<p><b>BODYISM BURN*</b> 7.00-8.00 FREEDOM</p> <p><b>HATHA WARRIOR</b> 9:00-10:00 ZEM</p> <p><b>BODYISM WARRIOR</b> 10.00-11.00 FREEDOM</p>			<p><b>BODYISM BURN*</b> 9.00-10.00 GEMMA</p>
Afternoon		<p><b>BODYISM TEEN WARRIOR</b> 12yr – 15yr 16.15 – 17.00 FREEDOM</p>		<p><b>BODYISM TEEN</b> <b>SIGNATURE</b> 12yr – 15yr 16.15 – 17.00 FREEDOM</p>				
Evening	<p><b>SOLAR AWAKENING</b> <b>VINYASA YOGA</b> 18:00-19:00 ZEM</p>	<p><b>BODYISM WARRIOR*</b> 18.00-19.00 FREEDOM</p>	<p><b>BODYISM PILATES</b> 18:00-19:00 ZEM</p>	<p><b>ASHTANGA YOGA</b> 18:00-19:00 KAMAL <b>BOXING BURN (SHADOW)</b> 1800 – 19.00 GEMMA</p>	<p><b>BODYISM SIGNATURE*</b> <b>ADVANCED</b> 18.00-19.00 FREEDOM</p>		<p><b>BODYISM PILATES</b> 18:00-19:00 SELENA</p>	

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## NOVEMBER SCHEDULE

	Sunday, 15.11.2020	Monday, 16.11.2020	Tuesday 17.11.2020	Wednesday, 18.11.2020	Thursday, 19.11.2020	Friday, 20.11.2020	Saturday, 21.11.2020	
Morning	<p><b>BODYISM WARRIOR</b> 7.00-8.00 FREEDOM</p> <p><b>BODYISM WARRIOR</b> Strength and Conditioning 9.00-10.00 GEMMA</p> <p><b>BODYISM PILATES</b> 10:30-11:30 SELENA</p>	<p><b>BODYISM BURN*</b> 7.00-7.50 FREEDOM</p> <p><b>BODYISM WARRIOR</b> 8.00-9.00 FREEDOM</p> <p><b>AERIAL YOGA</b> 9:00-10:00 ZEM</p>	<p><b>BODYISM WARRIOR</b> 7.00-8.00 FREEDOM</p> <p><b>BOXING BURN (SHADOW)</b> 9.00-10.00 GEMMA</p> <p><b>BODYISM BURN*</b> 10.00- 11.00 FREEDOM</p>	<p><b>BODYISM WARRIOR*</b> Strength and Conditioning 7.00-8.00 GEMMA</p> <p><b>BODYISM SIGNATURE*</b> <b>ADVANCED</b> 8.00- 8.50 FREEDOM</p> <p><b>BODYISM PILATES</b> 9:00-10:00 SELENA</p>	<p><b>BODYISM BURN*</b> 7.00-8.00 FREEDOM</p> <p><b>HATHA WARRIOR</b> 9:00-10:00 ZEM</p> <p><b>BODYISM WARRIOR</b> 10.00-11.00 FREEDOM</p>			<p><b>BODYISM BURN*</b> 9.00-10.00 GEMMA</p>
Afternoon		<p><b>BODYISM TEEN WARRIOR</b> 12yr – 15yr 16.15 – 17.00 FREEDOM</p>	<p><b>MIDWEEK SUNSET YOGA</b> LOUNGE TERRACE 17.30- 18.30 ZEM</p>	<p><b>BODYISM TEEN SIGNATURE</b> 12yr – 15yr 16.15 – 17.00 FREEDOM</p>				
Evening	<p><b>HATHA WARRIOR</b> <b>YOGA</b> 18:00-19:00 ZEM</p>	<p><b>BODYISM WARRIOR*</b> 18.00-19.00 FREEDOM</p>	<p><b>BODYISM BURN*</b> 18.00-19.00 FREEDOM</p>	<p><b>ASHTANGA YOGA</b> 18:00-19:00 KAMAL</p> <p><b>BOXING BURN (SHADOW)</b> 1800 – 19.00 GEMMA</p>	<p><b>BODYISM SIGNATURE*</b> <b>ADVANCED</b> 18.00-19.00 FREEDOM</p>		<p><b>BODYISM PILATES</b> 18:00-19:00 SELENA</p>	

# BODYISM

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## NOVEMBER SCHEDULE

	Sunday, 22.11.2020	Monday, 23.11.2020	Tuesday 24.11.2020	Wednesday, 25.11.2020	Thursday, 26.11.2020	Friday, 27.11.2020	Saturday, 28.11.2020
Morning	<p><b>BODYISM WARRIOR</b> 7.00-8.00 FREEDOM</p> <p><b>BODYISM WARRIOR</b> Strength and Conditioning 9.00-10.00 GEMMA</p> <p><b>BODYISM PILATES</b> 10:30-11:30 SELENA</p>	<p><b>BODYISM BURN*</b> 7.00-7.50 FREEDOM</p> <p><b>BODYISM WARRIOR</b> 8.00-9.00 FREEDOM</p> <p><b>AERIAL YOGA</b> 9:00-10:00 ZEM</p>	<p><b>BODYISM SIGNATURE*</b> <b>ADVANCED</b> 7.00-8.00 FREEDOM</p> <p><b>BOXING BURN (SHADOW)</b> 9.00-10.00 GEMMA</p> <p><b>BODYISM BURN*</b> 10.00- 11.00 FREEDOM</p>	<p><b>BODYISM WARRIOR*</b> Strength and Conditioning 7.00-8.00 GEMMA</p> <p><b>BODYISM BURN*</b> 8.00- 8.50 FREEDOM</p> <p><b>BODYISM PILATES</b> 9:00-10:00 SELENA</p>	<p><b>BODYISM BURN*</b> 7.00-7.50 FREEDOM</p> <p><b>HATHA WARRIOR</b> 9:00-10:00 ZEM</p> <p><b>BODYISM WARRIOR</b> 10.00-11.00 FREEDOM</p>		<p><b>BODYISM BURN*</b> 9.00-10.00 GEMMA</p>
Afternoon		<p><b>BODYISM TEEN WARRIOR</b> 12yr – 15yr 16.15 – 17.00 FREEDOM</p>		<p><b>BODYISM TEEN SIGNATURE</b> 12yr – 15yr 16.15 – 17.00 FREEDOM</p>			
Evening	<p><b>SOLAR AWAKENING VINYASA YOGA</b> 18:00-19:00 ZEM</p>	<p><b>BODYISM WARRIOR*</b> 18.00-19.00 FREEDOM</p>	<p><b>BODYISM PILATES</b> 18:00-19:00 ZEM</p> <p><b>BODYISM BURN*</b> 19.00-20.00 FREEDOM</p>	<p><b>ASHTANGA YOGA</b> 18:00-19:00 KAMAL</p> <p><b>BOXING BURN (SHADOW)</b> 1800 – 19.00 GEMMA</p>	<p><b>BODYISM SIGNATURE*</b> <b>ADVANCED</b> 18.00-19.00 FREEDOM</p>		<p><b>BODYISM PILATES</b> 18:00-19:00 SELENA</p>

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## NOVEMBER SCHEDULE

	Sunday, 29.11.2020	Monday, 30.11.2020					
Morning	<p><b>BODYISM WARRIOR</b> 7.00-8.00 FREEDOM</p> <p><b>BODYISM WARRIOR</b> Strength and Conditioning 9.00-10.00 GEMMA</p> <p><b>BODYISM PILATES</b> 10:30-11:30 SELENA</p>	<p><b>BODYISM BURN*</b> 7.00-7.50 FREEDOM</p> <p><b>BODYISM WARRIOR</b> 8.00-9.00 FREEDOM</p> <p><b>AERIAL YOGA</b> 9:00-10:00 ZEM</p>					
Afternoon		<p><b>BODYISM TEEN WARRIOR</b> 12yr – 15yr 16.15 – 17.00 FREEDOM</p>					
Evening	<p><b>HATHA WARRIOR</b> YOGA 18:00-19:00 ZEM</p>	<p><b>BODYISM WARRIOR*</b> 18.00-19.00 FREEDOM</p>					