

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Gladiator Legs (A)	Abs Blast (B)	Low Tone (A)	* X-FIT (B)	Burj Tone (A)	VIPR (B)	Abs Blast (B)
9:00am	Burj Pump (A)	HIIT Circuit (B)	* Burj Tone (A)	Burj Pump (B)	Burj Tone (A)	HIIT Circuit (B)	Burj Pump (A)
13:00pm	* Low Tone (A)	VIPR (B)	Low Tone (A)	Kids fitness (6-12)	Hatha Yoga (B)	* Abs Blast (A)	Kids fitness (6-12)
4:30pm	Abs Blast (A)	* 6 Pax Attack (B)	X-FIT (A)	X-FIT (B)	* VIPR (A)	6 Pax Attack (B)	* Gladiator Legs (A)

## A – Advance B – Beginner

**Hatha Yoga-** focus on mindfulness puts an emphasis on breath, posture, and meditation. It can help with raising a low mood.

**Burj tone-** 60 min strength training involves exercises for upper and lower body

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

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

**Abs Blast/Combat-** is a 30-minutes attack on the abdominals, lower back and obliques which will strengthen the external and internal core muscles.

Complimentary classes \*

**6 Pax Attack-** is 45 min class to strength abdominal muscles

**VIPR training -** creates a strong,lean body without adding bulk

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

**X-FIT-** is a 45-minutes extreme fitness class to get the heart racing and fatigue the muscles

**Gladitor legs-** 45-minutes Full Leg workout

**Low Tone-** is a 45-minutes class that focuses on strengthening the lower body using light to moderate weights with lots of repetition.