

# BODYISM

## SAADIYAT

September 1st – 7<sup>th</sup>

	SUNDAY 1st	MONDAY 2 <sup>nd</sup>	TUESDAY 3 <sup>rd</sup>	WEDNESDAY 4 <sup>th</sup>	THURSDAY 5 <sup>th</sup>	FRIDAY 6 <sup>th</sup>	SATURDAY 7 <sup>th</sup>
MORNING	<b>BODYISM PILATES</b> Tisha 7.00 – 8.00	<b>BODYISM BLUEPRINT EXPRESS</b> Jordan 7.00 – 7.45	<b>BODYISM WARRIOR EXPRESS</b> Jordan 7.00 – 7.45	<b>BODYISM BURN EXPRESS</b> Jordan 7.00 – 7.45	<b>BODYISM BLUEPRINT EXPRESS</b> Jordan 7.00 – 7.45	–	–
	<b>BODYISM BARRE</b> Tisha 8.30 – 9.30	<b>BODYISM BURN</b> Jordan 8.30 – 9.30	<b>BODYISM BLUEPRINT</b> Jordan 8.30 – 9.30	<b>BODYISM BOXING</b> Jordan 8.30 – 9.30	<b>BODYISM PILATES (LADIES)</b> Tisha 8.30 – 9.30	<b>BODYISM BLUEPRINT</b> Freedom 8.30 – 9.30	<b>BODYISM BURN</b> Craig 8.30 – 9.30
	<b>BODYISM WARRIOR</b> Jordan 10.30 – 11.30	–	–	<b>BODYISM PILATES (LADIES)</b> Tisha 10.30 – 11.30	<b>BODYISM BURN</b> Jordan 10.30 – 11.30	<b>BODYISM WARRIOR</b> Freedom 10.30 – 11.30	<b>B-STRONG YOGA</b> Craig 10.30 – 11.30
AFTERNOON	–	–	–	–	–	<b>BODYISM BARRE (LADIES)</b> Tisha 12.30 – 13.30	<b>BODYISM WARRIOR</b> Sarah Jane 12.30 – 13.30
EVENING	<b>BODYISM BURN</b> Freedom 18.30 – 19.30	<b>BODYISM WARRIOR</b> Freedom 18.30 – 19.30	<b>BODYISM BLUEPRINT</b> Freedom 18.30 – 19.30	<b>BODYISM BARRE (LADIES)</b> Tisha 18.30 – 19.30	<b>BODYISM WARRIOR</b> Freedom 18.30 – 19.30	<b>BODYISM PILATES</b> Tisha 17.00 – 18.00	<b>B-FREE YOGA</b> Sarah Jane 17.00 – 18.00
	<b>BODYISM BLUEPRINT</b> Freedom 20.00 – 21.00	<b>BODYISM PILATES</b> Tisha 20.00 – 21.00	<b>BODYISM BURN</b> Freedom 20.00 – 21.00	<b>BODYISM WARRIOR</b> Freedom 20.00 – 21.00	–	–	–

# BODYISM

SAADIYAT

September 8<sup>th</sup> – 14<sup>th</sup>

	SUNDAY 8 <sup>th</sup>	MONDAY 9 <sup>th</sup>	TUESDAY 10 <sup>th</sup>	WEDNESDAY 11 <sup>th</sup>	THURSDAY 12 <sup>th</sup>	FRIDAY 13 <sup>th</sup>	SATURDAY 14 <sup>th</sup>
MORNING	<b>BODYISM PILATES</b> Tisha 7.00 – 8.00	<b>B-STRONG YOGA</b> Craig 7.00 – 8.00	<b>BODYISM WARRIOR EXPRESS</b> Craig 7.00 – 7.45	<b>BODYISM BURN EXPRESS</b> Jordan 7.00 – 7.45	<b>BODYISM BLUEPRINT EXPRESS</b> Jordan 7.00 – 7.45	–	–
	<b>BODYISM WARRIOR</b> Freedom 8.30 – 9.30	<b>BODYISM BURN</b> Craig 8.30 – 9.30	<b>BODYISM BLUEPRINT</b> Sarah Jane 8.30 – 9.30	<b>BODYISM BOXING</b> Jordan 8.30 – 9.30	<b>BODYISM PILATES</b> Tisha 8.30 – 9.30	<b>BODYISM BLUEPRINT</b> Freedom 8.30 – 9.30	<b>BODYISM BURN</b> Craig 8.30 – 9.30
	<b>BODYISM BARRE (LADIES)</b> Tisha 10.30 – 11.30	<b>B-FREE YOGA</b> Sarah Jane 10.30 – 11.30	<b>BODYISM BOXING</b> Jordan 10.30 – 11.30	<b>BODYISM PILATES (LADIES)</b> Tisha 10.30 – 11.30	<b>BODYISM BURN</b> Jordan 10.30 – 11.30	<b>BODYISM BOXING</b> Jordan 10.30 – 11.30	<b>B-STRONG YOGA</b> Craig 10.30 – 11.30
AFTERNOON	<b>BODYISM BLUEPRINT</b> Sarah Jane 16.00 – 17.00	–	<b>B-FREE YOGA (LADIES)</b> Sarah Jane 16.00 – 17.00	<b>BODYISM BARRE (LADIES)</b> Tisha 16.00 – 17.00	–	<b>BODYISM BARRE (LADIES)</b> Tisha 12.30 – 13.30	<b>BODYISM WARRIOR</b> Sarah Jane 12.30 – 13.30
EVENING	<b>BODYISM BURN</b> Craig 18.30 – 19.30	<b>BODYISM WARRIOR</b> Jordan 18.30 – 19.30	<b>BODYISM BLUEPRINT</b> Jordan 18.30 – 19.30	<b>B-STRONG YOGA</b> Sarah Jane 18.30 – 19.30	<b>BODYISM WARRIOR</b> Freedom 18.30 – 19.30	<b>BODYISM PILATES</b> Tisha 17.00 – 18.00	<b>FULL MOON YOGA</b>  Sarah Jane & Craig 18.30 – 20.00
	<b>B-CALM YOGA</b> Sarah Jane 20.00 – 21.00	<b>BODYISM PILATES</b> Tisha 20.00 – 21.00	<b>BODYISM BURN</b> Freedom 20.00 – 21.00	<b>BODYISM WARRIOR</b> Freedom 20.00 – 21.00	–	–	120 AED (Free for members)

# BODYISM

## SAADIYAT

September 15<sup>th</sup> – 21<sup>st</sup>

	SUNDAY 15 <sup>th</sup>	MONDAY 16 <sup>th</sup>	TUESDAY 17 <sup>th</sup>	WEDNESDAY 18 <sup>th</sup>	THURSDAY 19 <sup>th</sup>	FRIDAY 20 <sup>th</sup>	SATURDAY 21 <sup>st</sup>
MORNING	<b>BODYISM PILATES</b> Tisha 7.00 – 8.00	<b>B-STRONG YOGA</b> Craig 7.00 – 8.00	<b>BODYISM WARRIOR EXPRESS</b> Craig 7.00 – 7.45	<b>BODYISM BURN EXPRESS</b> Jordan 7.00 – 7.45	<b>BODYISM BLUEPRINT EXPRESS</b> Jordan 7.00 – 7.45	<b>WORLD WELLNESS WEEKEND</b>  (Free event with SPA access)	<b>WORLD WELLNESS WEEKEND</b>  (Free event with SPA access)
	<b>BODYISM WARRIOR</b> Freedom 8.30 – 9.30	<b>BODYISM BURN</b> Craig 8.30 – 9.30	<b>BODYISM BLUEPRINT</b> Sarah Jane 8.30 – 9.30	<b>BODYISM BOXING</b> Jordan 8.30 – 9.30	<b>BODYISM PILATES</b> Tisha 8.30 – 9.30	<b>BLUEPRINT EXPRESS</b> Jordan 10.00 – 10.45	<b>BLUEPRINT EXPRESS</b> Craig 10.00 – 10.45
	<b>BODYISM BARRE (LADIES)</b> Tisha 10.30 – 11.30	<b>B-FREE YOGA</b> Sarah Jane 10.30 – 11.30	<b>BODYISM BOXING</b> Jordan 10.30 – 11.30	<b>BODYISM PILATES (LADIES)</b> Tisha 10.30 – 11.30	<b>BODYISM BURN</b> Jordan 10.30 – 11.30	<b>PILATES EXPRESS</b> Tisha 11.00 – 11.45	<b>YOGA EXPRESS</b> Craig 11.00 – 11.45
AFTERNOON	<b>BODYISM BLUEPRINT</b> Sarah Jane 16.00 – 17.00	–	<b>B-FREE YOGA (LADIES)</b> Sarah Jane 16.00 – 17.00	<b>BODYISM BARRE (LADIES)</b> Tisha 16.00 – 17.00	–	<b>BLUEPRINT EXPRESS</b> Jordan 12.00 – 12.45	<b>BLUEPRINT EXPRESS</b> Sarah Jane 12.00 – 12.45
	–	–	–	–	–	<b>PILATES EXPRESS</b> Tisha 13.00 – 13.45	<b>YOGA EXPRESS</b> Sarah Jane 13.00 – 13.45
EVENING	<b>BODYISM BURN</b> Craig 18.30 – 19.30	<b>BODYISM WARRIOR</b> Jordan 18.30 – 19.30	<b>BODYISM BLUEPRINT</b> Jordan 18.30 – 19.30	<b>B-STRONG YOGA</b> Sarah Jane 18.30 – 19.30	<b>BODYISM WARRIOR</b> Freedom 18.30 – 19.30	<b>BODYISM PILATES</b> Tisha 17.00 – 18.00	<b>B-FREE YOGA</b> Sarah Jane 17.00 – 18.00
	<b>B-CALM YOGA</b> Sarah Jane 20.00 – 21.00	<b>BODYISM PILATES</b> Tisha 20.00 – 21.00	<b>BODYISM BURN</b> Freedom 20.00 – 21.00	<b>BODYISM WARRIOR</b> Freedom 20.00 – 21.00	–	–	–

# BODYISM

SAADIYAT

September 22<sup>nd</sup> – 28<sup>th</sup>

	SUNDAY 22 <sup>nd</sup>	MONDAY 23 <sup>rd</sup>	TUESDAY 24 <sup>th</sup>	WEDNESDAY 25 <sup>th</sup>	THURSDAY 26 <sup>th</sup>	FRIDAY 27 <sup>th</sup>	SATURDAY 28 <sup>th</sup>
MORNING	<b>BODYISM PILATES</b> Tisha 7.00 – 8.00	<b>B-STRONG YOGA</b> Craig 7.00 – 8.00	<b>BODYISM WARRIOR EXPRESS</b> Craig 7.00 – 7.45	<b>BODYISM BURN EXPRESS</b> Jordan 7.00 – 7.45	<b>BODYISM BLUEPRINT EXPRESS</b> Jordan 7.00 – 7.45	–	–
	<b>BODYISM WARRIOR</b> Jordan 8.30 – 9.30	<b>BODYISM BURN</b> Craig 8.30 – 9.30	<b>BODYISM BLUEPRINT</b> Craig 8.30 – 9.30	<b>BODYISM BOXING</b> Jordan 8.30 – 9.30	<b>BODYISM PILATES</b> Tisha 8.30 – 9.30	<b>BODYISM BLUEPRINT</b> Freedom 8.30 – 9.30	<b>BODYISM BURN</b> Craig 8.30 – 9.30
	<b>BODYISM BARRE (LADIES)</b> Tisha 10.30 – 11.30	<b>B-FREE YOGA</b> Sarah Jane 10.30 – 11.30	<b>BODYISM BOXING</b> Craig 10.30 – 11.30	<b>BODYISM PILATES (LADIES)</b> Tisha 10.30 – 11.30	<b>BODYISM BURN</b> Jordan 10.30 – 11.30	<b>BODYISM BOXING</b> Jordan 10.30 – 11.30	<b>B-STRONG YOGA</b> Craig 10.30 – 11.30
AFTERNOON	<b>BODYISM BLUEPRINT</b> Sarah Jane 16.00 – 17.00	–	<b>B-FREE YOGA (LADIES)</b> Sarah Jane 16.00 – 17.00	<b>BODYISM BARRE (LADIES)</b> Tisha 16.00 – 17.00	–	<b>BODYISM BARRE (LADIES)</b> Tisha 12.30 – 13.30	<b>BODYISM WARRIOR</b> Sarah Jane 12.30 – 13.30
	<b>BODYISM BURN</b> Craig 18.30 – 19.30	<b>BODYISM WARRIOR</b> Freedom 18.30 – 19.30	<b>BODYISM BLUEPRINT</b> Sarah Jane 18.30 – 19.30	<b>B-STRONG YOGA</b> Sarah Jane 18.30 – 19.30	<b>BODYISM WARRIOR</b> Freedom 18.30 – 19.30	<b>BODYISM PILATES</b> Tisha 17.00 – 18.00	<b>B-FREE YOGA</b> Sarah Jane 17.00 – 18.00
EVENING	<b>B-CALM YOGA</b> Sarah Jane 20.00 – 21.00	<b>BODYISM PILATES</b> Tisha 20.00 – 21.00	<b>BODYISM BURN</b> Freedom 20.00 – 21.00	<b>BODYISM WARRIOR</b> Freedom 20.00 – 21.00	–	–	–
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# BODYISM

SAADIYAT

September 29<sup>th</sup> – 5<sup>th</sup> October

	SUNDAY 29 <sup>th</sup>	MONDAY 30 <sup>th</sup>	TUESDAY 1 <sup>st</sup>	WEDNESDAY 2 <sup>nd</sup>	THURSDAY 3 <sup>rd</sup>	FRIDAY 4 <sup>th</sup>	SATURDAY 5 <sup>th</sup>
MORNING	<b>BODYISM PILATES</b> Tisha 7.00 – 8.00	<b>B-STRONG YOGA</b> Craig 7.00 – 8.00	-	-	-	-	-
	<b>BODYISM WARRIOR</b> Freedom 8.30 – 9.30	<b>BODYISM BURN</b> Craig 8.30 – 9.30	-	-	-	-	-
	<b>BODYISM BARRE (LADIES)</b> Tisha 10.30 - 11.30	<b>B-FREE YOGA</b> Sarah Jane 10.30 – 11.30	-	-	-	-	-
AFTERNOON	<b>BODYISM BLUEPRINT</b> Sarah Jane 16.00 – 17.00	-	-	-	-	-	-
EVENING	<b>BODYISM BURN</b> Craig 18.30 – 19.30	<b>BODYISM WARRIOR</b> Jordan 18.30 – 19.30	-	-	-	-	-
	<b>B-CALM YOGA</b> Sarah Jane 20.00 – 21.00	<b>BODYISM PILATES</b> Tisha 20.00 – 21.00	-	-	-	-	-