

GYM

ON SAADIYAT

1st August – 4th September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00		*ENERGY Dale (45 min)		*POWER Dale (45 min)			
08:15	*ENERGY Dale/Freedom (45 min)	POWER Dale (45 min)	*FUSION Dale/Freedom (45 min)	*ENERGY Dale/Freedom (45 min)	POWER Dale/Freedom (45 min)		
09:00						*ENERGY Dale (45 min)	
09:15	*FUSION Dale/Freedom (60 min)	*ENERGY Dale (60 min)	*POWER Dale/Freedom (60 min)	FUSION Dale/Freedom (60 min)	*ENERGY Dale/Freedom (60 min)		
1800	*POWER Dale (45 min)		*ENERGY Dale (45 min)				