

BODYISM

SAADIYAT

FEBRUARY

SCHEDULE

	Sunday, 31.01.2021	Monday, 01.02.2021	Tuesday 02.02.2021	Wednesday, 03.02.2021	Thursday, 04.02.2021	Friday, 05.02.2021	Saturday, 06.02.2021
Morning	BODYISM WARRIOR 7.00-7.50 FREEDOM BODYISM SIGNATURE 8.00-8.50 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA BODYISM PILATES 10:30-11:30 SELENA	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM BURN* 8.00-8.50 FREEDOM BODYISM YOGA 9:00-10:00 ZEM BODYISM BURN* 9.00-10.00 FREEDOM	BODYISM WARRIOR* 7.00– 8.00 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA	BODYISM WARRIOR* 7.00-7.50 FREEDOM BODYISM HIIT YOGA 8.00– 8.50 ZEM BODYISM PILATES 9:00-9:50 SELENA BARRE 10:00-11:00 ZEM	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM WARRIOR 8.00-8.50 FREEDOM AERIALYOGA 9:00-10:00 ZEM BODYISM WARRIOR* 9.00-10.00 FREEDOM	BODYISM BURN* 9.00-10.00 GEMMA	
Afternoon	BODYISM YOGA* 8yr – 12yr 16.15 – 17.00 AMANDA	BODYISM TEEN WARRIOR* 12yr – 15yr 16.15 – 17.00 FREEDOM	BODYISM TEEN BURN* 12yr – 15yr 16.15 – 17.00 FREEDOM MIDWEEK SUNSET YOGA 17.30- 18.30 ZEM	BODYISM DANCE VISION* 4yr – 6yr 16.15 – 17.00 VICTORIA BODYISM DANCE VISION* 7yr – 12yr 17:00 – 17.45 VICTORIA	BODYISM HIP HOP* 8yr – 12yr 16.15 – 17.00 CEJS		
Evening	FLY FITNESS 18:00-19:00 ZEM BODYISM BURN* 18.00-19.00 FREEDOM	BODYISM WARRIOR* 18.00-19.00 FREEDOM	BOXING BURN (SHADOW) 1800 – 19.00 GEMMA	ASHTANGA YOGA 18:00-19:00 Zem	BODYISM BURN* 18.00-19.00 FREEDOM		BODYISM PILATES 18:00-19:00 SELENA

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FEBRUARY

SCHEDULE

	Sunday, 07.02.2021	Monday, 08.02.2021	Tuesday 09.02.2021	Wednesday, 10.02.2021	Thursday, 11.02.2021	Friday, 12.02.2021	Saturday, 13.02.2021
Morning	BODYISM WARRIOR 7.00-7.50 FREEDOM BODYISM SIGNATURE 8.00-8.50 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA BODYISM PILATES 10:30-11:30 SELENA	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM BURN* 8.00-8.50 FREEDOM BODYISM YOGA 9:00-10:00 ZEM BODYISM BURN* 9.00-10.00 FREEDOM	BODYISM WARRIOR* 7.00– 8.00 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA	BODYISM WARRIOR* 7.00-7.50 FREEDOM BODYISM HIIT YOGA 8.00– 8.50 ZEM BODYISM PILATES 9:00-9:50 SELENA BARRE 10:00-11:00 ZEM	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM WARRIOR 8.00-8.50 FREEDOM AERIALYOGA 9:00-10:00 ZEM BODYISM WARRIOR* 9.00-10.00 FREEDOM	BODYISM BURN* 9.00-10.00 GEMMA	
Afternoon	BODYISM YOGA* 8yr – 12yr 16.15 – 17.00 AMANDA	BODYISM TEEN WARRIOR* 12yr – 15yr 16.15 – 17.00 FREEDOM	BODYISM TEEN BURN* 12yr – 15yr 16.15 – 17.00 FREEDOM MIDWEEK SUNSET YOGA 17.30- 18.30 ZEM	BODYISM DANCE VISION* 4yr – 6yr 16.15 – 17.00 VICTORIA BODYISM DANCE VISION* 7yr – 12yr 17:00 – 17.45 VICTORIA	BODYISM HIP HOP* 8yr – 12yr 16.15 – 17.00 CEJS		
Evening	FLY FITNESS 18:00-19:00 ZEM BODYISM BURN* 18.00-19.00 FREEDOM	BODYISM WARRIOR* 18.00-19.00 FREEDOM	BOXING BURN (SHADOW) 1800 – 19.00 GEMMA	ASHTANGA YOGA 18:00-19:00 Zem	BODYISM BURN* 18.00-19.00 FREEDOM		BODYISM PILATES 18:00-19:00 SELENA

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FEBRUARY

SCHEDULE

	Sunday, 14.02.2021	Monday, 15.02.2021	Tuesday 16.02.2021	Wednesday, 17.02.2021	Thursday, 18.02.2021	Friday, 19.02.2021	Saturday, 20.02.2021
Morning	BODYISM WARRIOR 7.00-7.50 FREEDOM BODYISM SIGNATURE 8.00-8.50 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA BODYISM PILATES 10:30-11:30 SELENA	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM BURN* 8.00-8.50 FREEDOM BODYISM YOGA 9:00-10:00 ZEM BODYISM BURN* 9.00-10.00 FREEDOM	BODYISM WARRIOR* 7.00– 8.00 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA	BODYISM WARRIOR* 7.00-7.50 FREEDOM BODYISM HIIT YOGA 8.00– 8.50 ZEM BODYISM PILATES 9:00-9:50 SELENA BARRE 10:00-11:00 ZEM	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM WARRIOR 8.00-8.50 FREEDOM AERIALYOGA 9:00-10:00 ZEM BODYISM WARRIOR* 9.00-10.00 FREEDOM	BODYISM BURN* 9.00-10.00 GEMMA	
Afternoon	BODYISM YOGA* 8yr – 12yr 16.15 – 17.00 AMANDA	BODYISM TEEN WARRIOR* 12yr – 15yr 16.15 – 17.00 FREEDOM	BODYISM TEEN BURN* 12yr – 15yr 16.15 – 17.00 FREEDOM MIDWEEK SUNSET YOGA 17.30- 18.30 ZEM	BODYISM DANCE VISION* 4yr – 6yr 16.15 – 17.00 VICTORIA BODYISM DANCE VISION* 7yr – 12yr 17:00 – 17.45 VICTORIA	BODYISM HIP HOP* 8yr – 12yr 16.15 – 17.00 CEJS		
Evening	FLY FITNESS 18:00-19:00 ZEM BODYISM BURN* 18.00-19.00 FREEDOM	BODYISM WARRIOR* 18.00-19.00 FREEDOM	BOXING BURN (SHADOW) 1800 – 19.00 GEMMA	ASHTANGA YOGA 18:00-19:00 Zem	BODYISM BURN* 18.00-19.00 FREEDOM		BODYISM PILATES 18:00-19:00 SELENA

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FEBRUARY

SCHEDULE

	Sunday, 21.02.2021	Monday, 22.02.2021	Tuesday 23.02.2021	Wednesday, 24.02.2021	Thursday, 25.02.2021	Friday, 26.02.2021	Saturday, 27.02.2021
Morning	BODYISM WARRIOR 7.00-7.50 FREEDOM BODYISM SIGNATURE 8.00-8.50 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA BODYISM PILATES 10:30-11:30 SELENA	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM BURN* 8.00-8.50 FREEDOM BODYISM YOGA 9:00-10:00 ZEM BODYISM BURN* 9.00-10.00 FREEDOM	BODYISM WARRIOR* 7.00– 8.00 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA	BODYISM WARRIOR* 7.00-7.50 FREEDOM BODYISM HIIT YOGA 8.00– 8.50 ZEM BODYISM PILATES 9:00-9:50 SELENA BARRE 10:00-11:00 ZEM	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM WARRIOR 8.00-8.50 FREEDOM AERIALYOGA 9:00-10:00 ZEM BODYISM WARRIOR* 9.00-10.00 FREEDOM	BODYISM BURN* 9.00-10.00 GEMMA	
Afternoon	BODYISM YOGA* 8yr – 12yr 16.15 – 17.00 AMANDA	BODYISM TEEN WARRIOR* 12yr – 15yr 16.15 – 17.00 FREEDOM	BODYISM TEEN BURN* 12yr – 15yr 16.15 – 17.00 FREEDOM MIDWEEK SUNSET YOGA 17.30- 18.30 ZEM	BODYISM DANCE VISION* 4yr – 6yr 16.15 – 17.00 VICTORIA BODYISM DANCE VISION* 7yr – 12yr 17:00 – 17.45 VICTORIA	BODYISM HIP HOP* 8yr – 12yr 16.15 – 17.00 CEJS		
Evening	FLY FITNESS 18:00-19:00 ZEM BODYISM BURN* 18.00-19.00 FREEDOM	BODYISM WARRIOR* 18.00-19.00 FREEDOM	BOXING BURN (SHADOW) 1800 – 19.00 GEMMA	ASHTANGA YOGA 18:00-19:00 Zem	BODYISM BURN* 18.00-19.00 FREEDOM		BODYISM PILATES 18:00-19:00 SELENA

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FEBRUARY

SCHEDULE

	Sunday, 28.02.2021	Monday, 01.03.2021	Tuesday 02.03.2021	Wednesday, 03.03.2021	Thursday, 04.03.2021	Friday, 05.03.2021	Saturday, 06.03.2021
Morning	BODYISM WARRIOR 7.00-7.50 FREEDOM BODYISM SIGNATURE 8.00-8.50 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA BODYISM PILATES 10:30-11:30 SELENA	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM BURN* 8.00-8.50 FREEDOM BODYISM YOGA 9:00-10:00 ZEM BODYISM BURN* 9.00-10.00 FREEDOM	BODYISM WARRIOR* 7.00– 8.00 FREEDOM BODYISM WARRIOR Strength and Conditioning 9.00-10.00 GEMMA	BODYISM WARRIOR* 7.00-7.50 FREEDOM BODYISM HIIT YOGA 8.00– 8.50 ZEM BODYISM PILATES 9:00-9:50 SELENA BARRE 10:00-11:00 ZEM	BODYISM BURN* 7.00-7.50 FREEDOM BODYISM WARRIOR 8.00-8.50 FREEDOM AERIALYOGA 9:00-10:00 ZEM BODYISM WARRIOR* 9.00-10.00 FREEDOM	BODYISM BURN* 9.00-10.00 GEMMA	
Afternoon	BODYISM YOGA* 8yr – 12yr 16.15 – 17.00 AMANDA	BODYISM TEEN WARRIOR* 12yr – 15yr 16.15 – 17.00 FREEDOM	BODYISM TEEN BURN* 12yr – 15yr 16.15 – 17.00 FREEDOM MIDWEEK SUNSET YOGA 17.30- 18.30 ZEM	BODYISM DANCE VISION* 4yr – 6yr 16.15 – 17.00 VICTORIA BODYISM DANCE VISION* 7yr – 12yr 17:00 – 17.45 VICTORIA	BODYISM HIP HOP* 8yr – 12yr 16.15 – 17.00 CEJS		
Evening	FLY FITNESS 18:00-19:00 ZEM BODYISM BURN* 18.00-19.00 FREEDOM	BODYISM WARRIOR* 18.00-19.00 FREEDOM	BOXING BURN (SHADOW) 1800 – 19.00 GEMMA	ASHTANGA YOGA 18:00-19:00 Zem	BODYISM BURN* 18.00-19.00 FREEDOM		BODYISM PILATES 18:00-19:00 SELENA