

SUNDAY 29th SEP

MONDAY 30th SEP

TUESDAY 1st

WEDNESDAY 2nd

THURSDAY 3rd

FRIDAY 4th

SATURDAY 5th

MORNING

AFTERNOON

EVENING

	–	–	–	–	–	–
	BODYISM BLUEPRINT EXPRESS Freedom 7.00 – 7.45	B-STRONG YOGA Craig 7.00 – 8.00	BODYISM BURN EXPRESS Jordan 7.00 – 7.45	BODYISM BLUEPRINT EXPRESS Jordan 7.00 – 7.45	BODYISM WARRIOR EXPRESS Jordan 7.00 – 7.45	–
	BODYISM WARRIOR Freedom 8.30 – 9.30	BODYISM BURN Craig 8.30 – 9.30	BODYISM BOXING Jordan 8.00 – 9.00	BODYISM BLUEPRINT Jordan 8.00 – 9.00	BODYISM BURN Jordan 8.00 – 9.00	BODYISM BLUEPRINT Freedom 8.30 – 9.30
	B-FREE YOGA (LADIES) Sarah Jane 10.30 - 11.30	BODYISM WARRIOR (LADIES) Sarah Jane 10.30 – 11.30	BODYISM WARRIOR (LADIES) Sarah Jane 10.30 – 11.30	BODYISM BOXING Jordan 10.30 - 11.30	–	BODYISM BURN Freedom 10.30 – 11.30
	BODYISM BLUEPRINT (LADIES) Sarah Jane 16.00 – 17.00	–	BODYISM BLUEPRINT (LADIES) Sarah Jane 16.00 – 17.00	–	BODYISM BLUEPRINT Freedom 16.00 – 17.00	BODYISM WARRIOR Freedom 12.30 – 13.30
	BODYISM BURN Craig 18.30 – 19.30	BODYISM WARRIOR Jordan 18.30 – 19.30	B-FREE YOGA Sarah Jane 18.30 – 19.30	BODYISM BLUEPRINT Freedom 18.30 – 19.30	BODYISM WARRIOR Freedom 18.30 – 19.30	–
	B-CALM YOGA Sarah Jane 20.00 – 21.00	BODYISM BLUEPRINT Freedom 20.00 – 21.00	BODYISM BURN Freedom 20.00 – 21.00	BODYISM WARRIOR Freedom 20.00 – 21.00	–	–
	–	–	–	–	–	BODYISM BURN Craig 8.30 – 9.30
	–	–	–	–	–	B-STRONG YOGA Craig 10.30 – 11.30
	–	–	–	–	–	BODYISM BLUEPRINT Sarah Jane 12.30 – 13.30
	–	–	–	–	–	B-FREE YOGA Sarah Jane 17.00 -18.00

BODYISM

SAADIYAT

October 6th – 12th

MORNING

AFTERNOON

EVENING

	SUNDAY 6 th	MONDAY 7 th	TUESDAY 8 th	WEDNESDAY 9 th	THURSDAY 10 th	FRIDAY 11 th	SATURDAY 12 th
	<p>BODYISM WARRIOR EXPRESS Sarah Jane 6.00 – 6.45</p>	<p>BODYISM BOXING Jordan 6.00 – 6.45</p>	<p>BODYISM BURN EXPRESS Craig 6.00 – 6.45</p>	<p>BODYISM BLUEPRINT Craig 6.00 – 6.45</p>	–	–	–
	<p>BODYISM BLUEPRINT EXPRESS Sarah Jane 7.00 – 7.45</p>	<p>BODYISM WARRIOR EXPRESS Freedom 7.00 – 7.45</p>	<p>BODYISM BURN EXPRESS Jordan 7.00 – 7.45</p>	<p>B-STRONG YOGA Sarah Jane 7.00 – 7.50</p>	<p>BODYISM WARRIOR EXPRESS Jordan 7.00 – 7.45</p>	–	
	<p>BODYISM WARRIOR Craig 8.00 – 9.00</p>	<p>BODYISM BURN Jordan 8.00 – 9.00</p>	<p>BODYISM BOXING Jordan 8.00 – 9.00</p>	<p>B-FREE YOGA Sarah Jane 8.00 – 9.00</p>	<p>BODYISM BURN Jordan 8.00 – 9.00</p>	<p>BODYISM BLUEPRINT Freedom 8.30 – 9.30</p>	<p>BODYISM BURN Craig 8.30 – 9.30</p>
	<p>B-STRONG YOGA (LADIES) Sarah Jane 10.30 – 11.30</p>	<p>BODYISM BLUEPRINT Jordan 10.30 – 11.30</p>	<p>BODYISM WARRIOR (LADIES) Sarah Jane 10.30 – 11.30</p>	<p>BODYISM BOXING Jordan 10.30 - 11.30</p>	–	<p>BODYISM BURN Freedom 10.30 – 11.30</p>	<p>B-STRONG YOGA Craig 10.30 – 11.30</p>
		<p>B-FREE YOGA (LADIES) Sarah Jane 16.00 -17.00</p>	<p>BODYISM BLUEPRINT (LADIES) Sarah Jane 16.00 – 17.00</p>		<p>BODYISM BLUEPRINT Freedom 16.00 – 17.00</p>	<p>BODYISM WARRIOR Freedom 12.30 – 13.30</p>	<p>BODYISM BLUEPRINT Sarah Jane 12.30 – 13.30</p>
	<p>BODYISM BURN Freedom 18.30 – 19.30</p>	<p>BODYISM BLUEPRINT Craig 18.30 – 19.30</p>	<p>B-FREE YOGA Sarah Jane 18.30 – 19.30</p>	<p>BODYISM BOXING Jordan 18.30 - 19.30</p>	<p>BODYISM WARRIOR Freedom 18.30 – 19.30</p>	–	<p>B-FREE YOGA Sarah Jane 17.00 -18.00</p>
	<p>BODYISM BOXING Jordan 20.00 – 21.00</p>	<p>B-CALM YOGA Sarah Jane 20.00 – 21.00</p>	<p>BODYISM BURN Freedom 20.00 – 21.00</p>	<p>BODYISM WARRIOR Freedom 20.00 – 21.00</p>	–	–	

BODYISM

SAADIYAT

October 13th – 19th

MORNING

AFTERNOON

EVENING

	SUNDAY 13 th	MONDAY 14 th	TUESDAY 15 th	WEDNESDAY 16 th	THURSDAY 17 th	FRIDAY 18 th	SATURDAY 19 th
	BODYISM WARRIOR EXPRESS Sarah Jane 6.00 – 6.45	BODYISM BOXING Jordan 6.00 – 6.45	BODYISM BURN EXPRESS Craig 6.00 – 6.45	BODYISM BLUEPRINT Craig 6.00 – 6.45	–	–	–
	BODYISM BLUEPRINT EXPRESS Sarah Jane 7.00 – 7.45	BODYISM WARRIOR EXPRESS Freedom 7.00 – 7.45	BODYISM BURN EXPRESS Craig 7.00 – 7.45	B-STRONG YOGA Sarah Jane 7.00 – 8.00	BODYISM WARRIOR EXPRESS Jordan 7.00 – 7.45	–	–
	BODYISM WARRIOR Craig 8.00 – 9.00	BODYISM BURN Jordan 8.00 – 9.00	BODYISM BOXING Craig 8.00 – 9.00	B-FREE YOGA Sarah Jane 8.00 – 9.00	BODYISM BURN Jordan 8.00 – 9.00	BODYISM BLUEPRINT Freedom 8.30 – 9.30	BODYISM BURN Jordan 8.30 – 9.30
	B-STRONG YOGA (LADIES) Sarah Jane 10.30 – 11.30	BODYISM BLUEPRINT Jordan 10.30 – 11.30	BODYISM WARRIOR (LADIES) Sarah Jane 10.30 – 11.30	BODYISM BOXING Craig 10.30 - 11.30	–	BODYISM BURN Freedom 10.30 – 11.30	BODYISM BOXING Jordan 10.30 – 11.30
		B-FREE YOGA (LADIES) Sarah Jane 16.00 -17.00	BODYISM BLUEPRINT (LADIES) Sarah Jane 16.00 – 17.00		BODYISM BLUEPRINT Freedom 16.00 – 17.00	BODYISM WARRIOR Freedom 12.30 – 13.30	BODYISM BLUEPRINT Jordan 12.30 – 13.30
	BODYISM BURN Freedom 18.30 – 19.30	BODYISM BLUEPRINT Craig 18.30 – 19.30	B-FREE YOGA Sarah Jane 18.30 – 19.30	BODYISM BOXING Craig 18.30 - 19.30	BODYISM WARRIOR Freedom 18.30 – 19.30	–	BODYISM BOXING Jordan 17.00 – 18.00
	FULL MOON YOGA 19.00 -20.00 RSVP Sarah Jane & Craig	B-CALM YOGA Sarah Jane 20.00 – 21.00	BODYISM BURN Freedom 20.00 – 21.00	BODYISM WARRIOR Freedom 20.00 – 21.00	–	–	

BODYISM

SAADIYAT

October 6th – 12th

SUNDAY 20th

MONDAY 21st

TUESDAY 22nd

WEDNESDAY 23rd

THURSDAY 24th

FRIDAY 25th

SATURDAY 26th

MORNING

AFTERNOON

EVENING

<p>BODYISM WARRIOR EXPRESS Sarah Jane 6.00 – 6.45</p>	<p>BODYISM BOXING Jordan 6.00 – 6.45</p>	<p>BODYISM BURN EXPRESS Craig 6.00 – 6.45</p>	<p>BODYISM BLUEPRINT Craig 6.00 – 6.45</p>	–	–	–
<p>BODYISM BLUEPRINT EXPRESS Sarah Jane 7.00 – 7.45</p>	<p>BODYISM WARRIOR EXPRESS Craig 7.00 – 7.45</p>	<p>BODYISM BURN EXPRESS Jordan 7.00 – 7.45</p>	<p>B-STRONG YOGA Sarah Jane 7.00 – 8.00</p>	<p>BODYISM WARRIOR EXPRESS Craig 7.00 – 7.45</p>	–	
<p>BODYISM WARRIOR Craig 8.00 – 9.00</p>	<p>BODYISM BURN Jordan 8.00 – 9.00</p>	<p>BODYISM BOXING Jordan 8.00 – 9.00</p>	<p>B-FREE YOGA Sarah Jane 8.00 – 9.00</p>	<p>BODYISM BURN Craig 8.00 – 9.00</p>	<p>BODYISM BLUEPRINT Sarah Jane 8.30 – 9.30</p>	<p>BODYISM BURN Craig 8.30 – 9.30</p>
<p>B-STRONG YOGA (LADIES) Sarah Jane 10.30 – 11.30</p>	<p>BODYISM BLUEPRINT Jordan 10.30 – 11.30</p>	<p>BODYISM WARRIOR (LADIES) Sarah Jane 10.30 – 11.30</p>	<p>BODYISM BOXING Jordan 10.30 - 11.30</p>	–	<p>B-STRONG YOGA Sarah Jane 10.30 – 11.30</p>	<p>B-STRONG YOGA Craig 10.30 – 11.30</p>
	<p>B-FREE YOGA (LADIES) Sarah Jane 16.00 -17.00</p>	<p>BODYISM BLUEPRINT (LADIES) Sarah Jane 16.00 – 17.00</p>		<p>BODYISM BLUEPRINT Jordan 16.00 – 17.00</p>	<p>BODYISM WARRIOR Sarah Jane 12.30 – 13.30</p>	<p>BODYISM BLUEPRINT Craig 12.30 – 13.30</p>
<p>BODYISM BURN Craig 18.30 – 19.30</p>	<p>BODYISM BLUEPRINT Craig 18.30 – 19.30</p>	<p>B-FREE YOGA Sarah Jane 18.30 – 19.30</p>	<p>BODYISM BOXING Jordan 18.30 - 19.30</p>	<p>BODYISM WARRIOR Jordan 18.30 – 19.30</p>	–	
<p>BODYISM BOXING Jordan 20.00 – 21.00</p>	<p>B-CALM YOGA Sarah Jane 20.00 – 21.00</p>	<p>BODYISM BURN Jordan 20.00 – 21.00</p>	<p>BODYISM WARRIOR Jordan 20.00 – 21.00</p>	–	–	

BODYISM

SAADIYAT

October 27th – 2nd NOV

	SUNDAY 27 th	MONDAY 28 th	TUESDAY 29 th	WEDNESDAY 30 th	THURSDAY 31 st	FRIDAY 1 st NOV	SATURDAY 2 nd NOV
MORNING	<p>BODYISM WARRIOR EXPRESS Sarah Jane 6.00 – 6.45</p>	<p>BODYISM BOXING Jordan 6.00 – 6.45</p>	<p>BODYISM BURN EXPRESS Craig 6.00 – 6.45</p>	<p>BODYISM BLUEPRINT Craig 6.00 – 6.45</p>	–	–	–
	<p>BODYISM BLUEPRINT EXPRESS Sarah Jane 7.00 – 7.45</p>	<p>BODYISM WARRIOR EXPRESS Craig 7.00 – 7.45</p>	<p>BODYISM BURN EXPRESS Jordan 7.00 – 7.45</p>	<p>B-STRONG YOGA Sarah Jane 7.00 – 8.00</p>	<p>BODYISM WARRIOR EXPRESS Craig 7.00 – 7.45</p>	–	–
	<p>BODYISM WARRIOR Craig 8.00 – 9.00</p>	<p>BODYISM BURN Jordan 8.00 – 9.00</p>	<p>BODYISM BOXING Jordan 8.00 – 9.00</p>	<p>B-FREE YOGA Sarah Jane 8.00 – 9.00</p>	<p>BODYISM BURN Craig 8.00 – 9.00</p>	<p>BODYISM BLUEPRINT Sarah Jane 8.30 – 9.30</p>	<p>BODYISM BURN Craig 8.30 – 9.30</p>
	<p>B-STRONG YOGA (LADIES) Sarah Jane 10.30 – 11.30</p>	<p>BODYISM BLUEPRINT Jordan 10.30 – 11.30</p>	<p>BODYISM WARRIOR (LADIES) Sarah Jane 10.30 – 11.30</p>	<p>BODYISM BOXING Jordan 10.30 - 11.30</p>	–	<p>B-STRONG YOGA Sarah Jane 10.30 – 11.30</p>	<p>B-STRONG YOGA Craig 10.30 – 11.30</p>
AFTERNOON		<p>B-FREE YOGA (LADIES) Sarah Jane 16.00 -17.00</p>	<p>BODYISM BLUEPRINT (LADIES) Sarah Jane 16.00 – 17.00</p>		<p>BODYISM BLUEPRINT Jordan 16.00 – 17.00</p>	<p>BODYISM WARRIOR Sarah Jane 12.30 – 13.30</p>	<p>BODYISM BLUEPRINT Craig 12.30 – 13.30</p>
		<p>BODYISM BLUEPRINT Craig 18.30 – 19.30</p>	<p>B-FREE YOGA Sarah Jane 18.30 – 19.30</p>	<p>BODYISM BOXING Jordan 18.30 - 19.30</p>	<p>BODYISM WARRIOR Jordan 18.30 – 19.30</p>	–	<p>B-FREE YOGA Craig 17.00 -18.00</p>
EVENING	<p>BODYISM BURN Craig 18.30 – 19.30</p>	<p>BODYISM BLUEPRINT Craig 18.30 – 19.30</p>	<p>B-FREE YOGA Sarah Jane 18.30 – 19.30</p>	<p>BODYISM BOXING Jordan 18.30 - 19.30</p>	<p>BODYISM WARRIOR Jordan 18.30 – 19.30</p>	–	<p>B-FREE YOGA Craig 17.00 -18.00</p>
	<p>BODYISM BOXING Jordan 20.00 – 21.00</p>	<p>B-CALM YOGA Sarah Jane 20.00 – 21.00</p>	<p>BODYISM BURN Jordan 20.00 – 21.00</p>	<p>BODYISM WARRIOR Jordan 20.00 – 21.00</p>	–	–	–