

نادي أبو ظبي الرياضي
Abu Dhabi Country Club

JAN 26 - FEB 1

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
STUDIO 1	8:30		 A.R.S. KARLA			 A.R.S. FERNANDO			
	9:30				 A.R.S. JORGE	 MOBILITY FERNANDO			
	10:30		 CIRCUIT FERNANDO	 TABATA FERNANDO	 CIRCUIT FERNANDO				
	11:15		 FUNCTIONAL TRAINING FERNANDO	 STRETCH FERNANDO	CORE FERNANDO				
	16:30					LES MILLS BODYPUMP CARLOS			
	17:30			LES MILLS RPM CARLOS		LES MILLS RPM CARLOS			
	18:30	 CIRCUIT CARLOS	 CIRCUIT ASH	 CIRCUIT ASH					
	19:30	LES MILLS BODYPUMP CARLOS	 MOBILITY ASH	 MOBILITY ASH					
STUDIO 2	8:30	YOGA RIA		YOGA IONA	YOGA RIA	YOGA KARLA			
	9:30		YOGA KARLA	 PILATES CARLOS					
	10:30			 RESTORATIVE YOGA CARLOS		LES MILLS BODYBALANCE CARLOS			
							15:30		 PILATES CARLOS
	19:30	 BELLY DANCE CRISTINA (LO)		 BELLY DANCE CRISTINA (LO)			16:30		YOGA CARLOS
STUDIO 4	9:30	 REFORMER CARLOS				 REFORMER CARLOS			
	17:30	 REFORMER CARLOS							
	18:30			 REFORMER CARLOS					

📍 SHAKHBOUT BIN SULTAN ST. AL MUSHRIF, AFTER ABU DHABI IMMIGRATION OFFICE ☎ +971 2 657 7777

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