# GROUP FITNESS EXERCISE SCHEDULE

نادي أبوظبي الرياضي
Abu Dhabi Country Club

## APRIL 28TH

| | Time | Monday | Tuesday | Wednesday | Thursday | Friday | Time | Saturday | Sunday |
|---|---|---|---|---|---|---|---|---|---|
| STUDIO 1 | 8:30 | | A.R.S. KARLA | | | | | | |
| | | | | | | | | | |
| | 16:30 | | | | | LesMills BODYPUMP CARLOS | | | LesMills BODYPUMP HAFEZ |
| | 17:30 | | | | | LesMills RPM CARLOS | 17:30 | | LesMills RPM HAFEZ |
| | 18:30 | CIRCUIT CARLOS | CIRCUIT ASH | CIRCUIT ASH | Strength Development LesMills HAFEZ | | | | |
| | 19:30 | LesMills BODYPUMP CARLOS | MOBILITY 30 ASH | MOBILITY 30 ASH | LesMills RPM HAFEZ | | | | |
| STUDIO 2 | 8:30 | YOGA RIA(LO) | | YOGA RIA(LO) | YOGA 90 RIA(LO) | YOGA KARLA | | | |
| | 9:30 | | YOGA 90 KARLA(LO) | PILATES CARLOS | | PILATES SUZI(LO) | | | |
| | 10:30 | | | RESTORATIVE YOGA CARLOS | | LesMills BODYBALANCE CARLOS | | | |
| | | | | | | | | | |
| | 17:30 | | | | | | | | |
| | 18:30 | | METAFIT ROULA(LO) | PILATES CARLOS | LesMills BODYCOMBAT 45 ROULA(LO) | | 15:30 | | PILATES CARLOS |
| | 19:30 | BELLY DANCE CRISTINA (LO) | LesMills BODYCOMBAT 45 ROULA(LO) | BELLY DANCE CRISTINA (LO) | ZUMBA ROULA(LO) | | 16:30 | | YOGA CARLOS |
| | 20:15 | | LesMills CORE 45 ROULA(LO) | | LesMills CORE 45 ROULA(LO) | | | | |
| STUDIO 4 | 9:30 | REFORMER CARLOS | | | | REFORMER CARLOS | | | |
| | | | | | | | | | |
| | 17:30 | REFORMER CARLOS | | REFORMER CARLOS | | | | | |

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