

**WOMEN'S FITNESS PROGRAMME**

MORNING SESSION

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BODY SHAPE</b> 8:00 AM SUSANNE • • FS1	<b>TABATA</b> 8:00 AM AZIZA • • • FS1	<b>LES MILLS BODY COMBAT</b> 8:00 AM LENA • • • FS1	<b>BODY SHAPE</b> 8:00 AM SUSANNE • • FS1	<b>BODY SHAPE</b> 8:00 AM MONICA • • FS1	<b>TABATA</b> 8:00 AM IKRAM • • • FS1
<b>ABDOMINAL WORKOUT</b> 9:00 AM SUSANNE • • FS1	<b>BODY SHAPE</b> 8:00 AM SUSANNE • • FS2	<b>BODY SHAPE</b> 8:00 AM JUDY • • FS2	<b>YOGA FLOW</b> 8:00 AM NISHA • • FS7	<b>SPINNING</b> 8:00 AM IKRAM • • SPINNING STUDIO	<b>BODY SHAPE</b> 8:00 AM JUDY • • FS2
<b>PILATES</b> 10:00 AM AZIZA • • FS7	<b>SPINNING</b> 8:00 AM NISHA • • SPINNING STUDIO	<b>LEGS, BUMS, &amp; TUMS</b> 8:00 AM IKRAM • • FS3	<b>ABDOMINAL WORKOUT</b> 9:00 AM JUDY • • FS1	<b>STEP</b> 9:00 AM AZIZA • • FS2	<b>SPINNING</b> 8:00 AM NISHA • • SPINNING STUDIO
	<b>LES MILLS BODY PUMP</b> 9:00 AM IKRAM • • • FS2	<b>BODY SHAPE</b> 9:00 AM AZIZA • • FS1	<b>LES MILLS BODY PUMP</b> 9:00 AM AZIZA • • • FS2	<b>PILATES</b> 9:00 AM IKRAM • • FS7	<b>LES MILLS BODY PUMP</b> 9:00 AM AZIZA • • • FS2
	<b>YOGA</b> 9:00 AM NISAHA • • FS7	<b>BODY BALANCE</b> 10:00 AM LENA • • FS7	<b>BODYWEIGHT WORKOUT</b> 10:00 AM SUSANNE • • FS1	<b>CIRCUIT TRAINING</b> 10:00 AM SUSANNE • • FS1	<b>YOGA</b> 9:00 AM NISHA • • FS7
	<b>BODY SHAPE</b> 10:00 AM JUDY • • FS1	<b>BODYWEIGHT WORKOUT</b> 10:00 AM SUSANNE • • FS1	<b>PILATES</b> 10:00 AM AZIZA • • FS7	<b>LEGS, BUMS, &amp; TUMS</b> 10:00 AM JUDY • • FS2	<b>BODYWEIGHT WORKOUT</b> 10:00 AM JUDY • • FS1
	<b>ABDOMINAL WORKOUT</b> 10:00 AM IKRAM • • FS2	<b>ABDOMINAL WORKOUT</b> 10:00 AM JUDY • • FS2			<b>FITBALL WORKOUT</b> 10:00 AM SUSANNE • • FS2

LOW INTENSITY •  
MEDIUM INTENSITY • •  
HIGH INTENSITY • • •

ASPIRE ACTIVE TIMETABLES ARE SUBJECT TO CHANGE

**WOMEN'S FITNESS PROGRAMME**

EVENING SESSION

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>LEGS, BUMS, &amp; TUMS</b> 4:00 PM AZIZA •• FS1	<b>BODY SHAPE</b> 4:00 PM AZIZA •• FS1	<b>LEGS, BUMS &amp; TUMS</b> 4:00 PM IKRAM •• FS1	<b>LEGS, BUMS, &amp; TUMS</b> 4:00 PM JUDY •• FS1	<b>TABATA</b> 4:00 PM JUDY ••• FS1	<b>LES MILLS BODY COMBAT</b> 4:00 PM IKRAM / OLENA ••• FS1
<b>TABATA</b> 5:00 PM IKRAM ••• FS1	<b>ABDOMINAL WORKOUT</b> 4:00 PM SUSANNE •• FS2	<b>CIRCUIT TRAINING</b> 4:00 PM SUSANNE •• FS2	<b>ABDOMINAL WORKOUT</b> 4:00 PM AZIZA •• FS2	<b>PILATES</b> 4:00 PM AZIZA •• FS7	<b>ABDOMINAL WORKOUT</b> 4:00 PM JUDY •• FS3
<b>ABDOMINAL WORKOUT</b> 5:00 PM JUDY •• FS2	<b>ZUMBA</b> 5:00 PM JUDY •• FS1	<b>BODY SHAPE</b> 5:00 PM SUSANNE •• FS1	<b>LES MILLS BODY COMBAT</b> 5:00 PM IKRAM ••• FS1	<b>BODY SHAPE</b> 5:00 PM SUSANNE •• FS1	<b>BODY SHAPE</b> 5:00 PM SUSANNE •• FS1
<b>BODY SHAPE</b> 6:00 PM JUDY •• FS1	<b>LEGS, BUMS, &amp; TUMS</b> 5:00 PM SUSANNE •• FS2	<b>KETTLEBELL</b> 5:00 PM JUDY •• FS3	<b>FITBALL WORKOUT</b> 5:00 PM SUSANNE •• FS2	<b>LES MILLS BODY COMBAT</b> 5:00 PM IKRAM ••• FS2	<b>PILATES</b> 5:00 PM ANNA •• FS7
<b>SPINNING</b> 6:00 PM IKRAM •• SPINNING STUDIO	<b>PILATES</b> 5:00 PM AZIZA •• FS7	<b>SPINNING</b> 5:00 PM NISHA •• SPINNING STUDIO	<b>BODY SHAPE</b> 5:00 PM ANNA •• FS3	<b>ZUMBA</b> 6:00 PM JUDY •• FS1	<b>LEGS, BUMS &amp; TUMS</b> 6:00 PM AZIZA •• FS1
	<b>TABATA</b> 6:00 PM ANNA ••• FS1	<b>LES MILLS BODY PUMP</b> 6:00 PM AZIZA ••• FS2	<b>BODYWEIGHT WORKOUT</b> 6:00 PM JUDY •• FS1	<b>ABDOMINAL WORKOUT</b> 6:00 PM AZIZA •• FS2	<b>ABDOMINAL WORKOUT</b> 6:00 PM SUSANNE •• FS2
	<b>BODY SHAPE</b> 6:00 PM JUDY •• FS2	<b>YOGA</b> 6:00 PM NISHA •• FS7	<b>ABDOMINAL WORKOUT</b> 6:00 PM ANNA •• FS2	<b>CIRCUIT TRAINING</b> 6:00 PM SUSANNE •• FS1	<b>PILATES</b> 7:00 PM AZIZA •• FS7
	<b>ABDOMINAL WORKOUT</b> 7:00 PM ANNA •• FS2	<b>ABDOMINAL WORKOUT</b> 7:00 PM AZIZA •• FS1	<b>YOGA</b> 7:00 PM IKRAM •• FS7		

LOW INTENSITY •  
MEDIUM INTENSITY ••  
HIGH INTENSITY •••

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