

15 - 31 AUGUST 2021

WOMEN'S FITNESS PROGRAMME

MORNING SESSION

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BODY SHAPE 8:00 AM INNA FS1	TOTAL BODY CONDITIONING 8:00 AM IKRAM FS1	LES MILLS BODYCOMBAT 8:00 AM LENA FS1	BODY SHAPE 8:00 AM AZIZA FS1	BODY SHAPE 8:00 AM ANNA FS1	LEGS, BUMS, & TUMS 8:00 AM INNA FS1
ABDOMINAL WORKOUT 9:00 AM INNA FS1	SPINNING 8:00 AM NISHA SPINNING STUDIO	POWER UP 8:00 AM ANNA FS2	FARTLEK 8:00 AM INNA ACTIVE HALL	SPINNING 8:00 AM IKRAM SPINNING STUDIO	SPINNING 8:00 AM NISHA SPINNING STUDIO
PILATES 10:00 AM AZIZA FS7	LEGS, BUMS, & TUMS 9:00 AM INNA FS1	TABATA 9:00 AM ANNA FS1	ZUMBA 9:00 AM JUDY FS1	LES MILLS BODYPUMP 9:00 AM AZIZA FS2	POWER UP 9:00 AM INNA FS1
	YOGA 9:00 AM NISHA FS7	LES MILLS BODYBALANCE 9:00 AM LENA FS7	LEGS, BUMS, & TUMS 9:00 AM INNA FS2	PILATES 9:00 AM ANNA FS7	YOGA 9:00 AM NISHA FS7
	BODY SHAPE 10:00 AM INNA FS1	TOTAL BODY CONDITIONING 10:00 AM AZIZA FS1	POWER UP 10:00 AM IKRAM FS1	INTERVAL WORKOUT 10:00 AM INNA FS1	BOOT CAMP 10:00 AM IKRAM ACTIVE HALL

WOMEN'S FITNESS PROGRAMME

EVENING SESSION

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LEGS, BUMS, & TUMS 4:00 PM AZIZA FS1	CIRCUIT TRAINING 4:00 PM JUDY FS1	BOOT CAMP 4:00 PM IKRAM FS1	TABATA 4:00 PM AZIZA FS1	BODY SHAPE 4:00 PM JUDY FS1	ABDOMINAL WORKOUT 4:00 PM JUDY FS1
TABATA 5:00 PM IKRAM FS1	POWER UP 4:00 PM AZIZA FS2	ABDOMINAL WORKOUT 4:00 PM JUDY FS2	PILATES 4:00 PM JUDY FS7	LEGS, BUMS, & TUMS 4:00 PM INNA FS2	SPINNING 4:00 PM IKRAM SPINNING STUDIO
POWER UP 5:00 PM JUDY FS2	LEGS, BUMS & TUMS 5:00 PM AZIZA FS1	BODY SHAPE 5:00 PM JUDY FS1	LEGS, BUMS, & TUMS 5:00 PM AZIZA FS1	TABATA 5:00 PM AZIZA FS1	LES MILLS BODYCOMBAT 5:00 PM LENA FS1
TOTAL BODY CONDITIONING 6:00 PM JUDY FS1	ABDOMINAL WORKOUT 5:00 PM JUDY FS2	SPINNING 5:00 PM NISHA SPINNING STUDIO	STEP ADVANCE 5:00 PM OLENA FS2	POWER UP 5:00 PM INNA FS2	BODYWEIGHT WORKOUT 5:00 PM JUDY FS2
YOGA 6:00 PM IKRAM FS7	TABATA 6:00 PM OLENA FS1	LEGS, BUMS, & TUMS 6:00 PM IKRAM FS1	LES MILLS BODYCOMBAT 6:00 PM IKRAM FS1	ZUMBA 6:00 PM JUDY FS1	TOTAL BODY CONDITIONING 6:00 PM AZIZA FS1
	BODY SHAPE 6:00 PM ANNA FS2	LES MILLS BODYPUMP 6:00 PM AZIZA FS2	ABDOMINAL WORKOUT 6:00 PM INNA FS2	LES MILLS BODYPUMP 6:00 PM IKRAM FS2	LES MILLS BODYBALANCE 6:00 PM LENA FS7
	PILATES 7:00 PM ANNA FS7	YOGA 6:00 PM NISHA FS7	TOTAL BODY CONDITIONING 7:00 PM INNA FS1	CIRCUIT TRAINING 7:00 PM AZIZA FS1	PILATES 7:00 PM AZIZA FS1
		TABATA 7:00 PM JUDY FS1			

- LOW INTENSITY
- MEDIUM INTENSITY
- HIGH INTENSITY