



# UPCOMING SCHEDULE

LET'S **GO** GYM

f @ s / Letsgogymuae

## AL REEM ISLAND

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning							<b>KIDS BOXING</b> 15:00-16:00 JP
Afternoon	<b>KIDS BOXING</b> 17:00-17:45 JP	<b>GO HIIT</b> 17:15 - 18:00 Regiane	<b>KIDS BOXING</b> 17:00-17:45 JP	<b>GO HIIT</b> 17:00-17:45 JP	<b>BOXING</b> 17:00 - 18:00 John/JP		<b>POWER BIKE</b> 16:00-17:00 Paula
							<b>GO HIIT</b> 17:00 - 18:00 Regiane
Evening	<b>GO HIIT</b> 18:00 - 18:45 JP		<b>POWER BIKE</b> 18:00 - 18:45 Paula	<b>BODY PUMP</b> 18:00-18:45 Mohamad			<b>LET'S CORE</b> 18:00-18:30 Regiane
	<b>ZUMBA</b> 18:00 - 18:45 Regiane (Ladies Only)	<b>BOXING/MMA</b> 19:00 - 20:00 John/JP	<b>GO GLAMOUR</b> 18:00 - 18:45 Regiane (Ladies Only)	<b>BELLY DANCING</b> 18:00-18:45 Aya	<b>RPM</b> 18:00 - 19:00 Sarah		<b>BOXING/MMA</b> 18:40-19:40 John & jJP
	<b>BODY PUMP</b> 19:00 - 19:45 Mohamad	<b>BODY PUMP</b> 19:00 - 19:45 Amreen (Ladies Only)	<b>YOGA MIXED</b> 18:45 - 19:30 Hania	<b>MMA</b> 19:00-20:00 JP	<b>GO GLAMOUR</b> 18:15 - 19:00 Regiane (Ladies Only)		
	<b>GO CIRCUIT</b> 19:00 - 19:45 Regiane (Ladies Only)	<b>ZUMBA</b> 19:30 - 20:15 Regiane	<b>GO CIRCUIT</b> 18:45 - 19:30 Regiane (Ladies Only)	<b>ZUMBA</b> 19:15 - 20:00 Regiane	<b>BJJ</b> 19:00 - 20:00 JP		
	<b>BJJ</b> 20:00 - 21:00 JP		<b>BJJ</b> 19:45 - 20:45 JP				

■ Ladies Only Studio   ■ Main Studio