



UPCOMING SCHEDULE

LET'S **GO** GYM

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AL AIN LADIES ONLY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	CIRCUIT TRAINING 9:00 - 10:00 Free Trainer	CIRCUIT TRAINING 9:00 - 10:00 Free Trainer		CIRCUIT TRAINING 9:00 - 10:00 Free Trainer	CIRCUIT TRAINING 9:00 - 10:00 Free Trainer		
Afternoon	ZUMBA 17:00 - 18:00 Coach Kate	STEP 17:00 - 18:00 Coach Kate	ZUMBA 17:00 - 18:00 Coach Kate	LBT 17:00 - 18:00 Coach Kate			HIIT 17:00 - 18:00 Coach Kate
Evening	CORE 18:00 - 19:00 Coach Kate	HIIT 18:00 - 19:00 Coach Kate	CIRCUIT 18:00 - 19:00 Coach Kate	CORE 18:00 - 19:00 Coach Kate			LBT 18:00 - 19:00 Coach Kate
		PERFORM 19:00 - 20:00 Coach Awatif		PERFORM 19:00 - 20:00 Coach Awatif			
	PERFORM 20:00 - 21:00 Coach Awatif		PERFORM 20:00 - 21:00 Coach Awatif		PERFORM 20:00 - 21:00 Coach Awatif		
					PERFORM 20:00 - 21:00 Coach Awatif		

■ Vibes ■ Floor ■ Cineride Studio