



# UPCOMING SCHEDULE

LET'S **GO** GYM

f @ \$ / Letsgogymuae

## AL MUROOR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning						RPM 08:30 - 09:30 Sarah	
Afternoon	WOD (ALL LEVELS) 16:00 - 17:00 Alyson	WOD (ALL LEVELS) 16:00 - 17:00 Alyson	WOD (ALL LEVELS) 16:00 - 17:00 Alyson	WOD (ALL LEVELS) 16:00 - 17:00 Alyson	WOD (ALL LEVELS) 16:00 - 17:00 Alyson		WOD (ALL LEVELS) 16:00 - 17:00 Alyson
	BODY PUMP 17:00 - 18:00 Sarah	BODY PUMP 17:00 - 18:00 Zeyad	CIRCUIT 17:00 - 18:00 Alyson	HIIT 17:00 - 18:00 Sarah			
Evening	WOD (BEGINNERS) 18:00 - 19:00 Alyson	WOD (BEGINNERS) 18:00 - 19:00 Alyson	WOD (BEGINNERS) 18:00 - 19:00 Alyson	WOD (BEGINNERS) 18:00 - 19:00 Alyson	WOD (BEGINNERS) 18:00 - 19:00 Alyson		WOD (BEGINNERS) 18:00 - 19:00 Alyson
	RPM 18:00 - 19:00 Zeyad	Yoga 19:00 - 20:00 Hania	STRONG BY ZUMBA 19:00 - 20:00 Dina	Yoga 19:00 - 20:00 Hania	SPRINT/CORE 18:00 - 19:00 Zeyad		RPM 18:00 - 19:00 Sarah
	WOD (ADVANCERS) 19:00 - 20:00 Alyson	WOD (ADVANCERS) 19:00 - 20:00 Alyson	RPM 19:00 - 20:00 Sarah	WOD (ADVANCERS) 19:00 - 20:00 Alyson			LET'S CORE (MIXED) 19:15 - 19:45 Sarah

■ Ladies Only Studio  
 ■ Main Studio  
 ■ Cycling Studio