



GROUP FITNESS EXPERIENCE / GFX.AE

@gfxdubai /gfxuae

Group Exercise Timetable

To book a class call

050 996 9470 / 04 4255940

*Classes, timings and instructors are subject to change.

SEPTEMBER 2020

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
6:30 AM	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP		
8:30 AM	hatha yoga		hatha yoga		hatha yoga		
9:30 AM		Pilates		Pilates		hatha yoga	
10:00 AM	LESMILLS BODYPUMP		TABATA		LESMILLS BODYPUMP		LESMILLS BODYPUMP
11:00 AM						LESMILLS BODYPUMP	
11:30 AM	ZUMBA FITNESS	ZUMBA FITNESS	ZUMBA FITNESS	ZUMBA FITNESS	ZUMBA FITNESS		Pilates
1:00 PM	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYCOMBAT
2:30 PM	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYPUMP
4:30 PM						ZUMBA FITNESS	ZUMBA FITNESS
6:00 PM	ZUMBA FITNESS	LESMILLS BODYPUMP	hatha yoga	LESMILLS BODYCOMBAT	hatha yoga		BELLY DANCE
7:15 PM	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	ZUMBA FITNESS	LESMILLS BODYPUMP	ZUMBA FITNESS		LESMILLS BODYPUMP
8:30 PM	Pilates	ZUMBA FITNESS	Pilates	ZUMBA FITNESS	LESMILLS BODYCOMBAT		