COREFIT September 2014 Dubai Marina

T & D	Sunday	Monday	Tuesday	Wednesday	Thursday	T & D	Friday	Saturday
06:00	CrossFit Hannes	INDOOR CYCLE Edigar	CrossFit Hannes	INDOOR CYCLE Sharon	CrossFit Hannes	07:30		
06:30						08:00	8:30am	
07:00	BODY PUMP Sharon	CrossFit Cliff	CORE SCULPT Edigar	CrossFit Cliff	BODY PUMP Sharon	08:30	CrossFit Cliff	
07:30						09:00		9:30am
08:00	8:30am	8:30am	8:30am	8:30am	8:30am	09:30	INDOOR CYCLE Dylan	ZUMBA FITNESS Leo
08:30	CORE SCULPT Sharon	BODY PUMP Sharon	INDOOR CYCLE Sharon	CORE SCULPT Sharon	BODY PUMP Sharon	10:00		
09:00						10:30	BODY PUMP Dylan	BODY ATTACK Jeff
09:30	POWER YOGA Sharon	CORE PILATES Hannes	VINYASA YOGA Amanda	ZUMBA FITNESS Rachael	CORE PILATES Sharon	11:00		
10:00						11:30		

T & D	Sunday	Monday	Tuesday	Wednesday	Thursday	T & D	Friday	Saturday
	17:30	17:30		17:30				
17:30	CORE SCULPT Char G	CrossFit Andy	17:45 INDOOR CYCLE Edigar	CrossFit Andy	18:00 INDOOR CYCLE Eddie B	17:30		
18:00						18:00		
18:30	BODY ATTACK Maite	BODY PUMP Dylan	Tae-Bo Edigar	BODY ATTACK Jeff	18:45 CORE SCULPT Eddie B	18:30		
19:00						19:00		
19:30	ZUMBA FITNESS Leo	INDOOR CYCLE Dylan	ZUMBA FITNESS Leo	BODY PUMP Char G	19:30 90 MINUTE CAPOEIRA Brazilian Fighting Dance	19:30		
20:00						20:00		
20:30	VINYASA YOGA	CORE PILATES Hannes	HATHA YOGA Sam	CORE PILATES Hillary		20:30		
21:00						21:00		

CROSSFIT CLASSES

T & D	Sunday	Monday	Tuesday	Wednesday	Thursday	T & D	Friday	Saturday
06:00	Indoor CrossFit Hannes		Indoor CrossFit Hannes		Indoor CrossFit Hannes	07:30		
06:30						08:00	8:30am	
07:00		Indoor CrossFit Cliff		Indoor CrossFit Cliff		08:30	CrossFit Cliff	
07:30						09:00		9:30am
	17:30	17:30	17:30	17:30	17:30	09:30		
17:30	CrossFit Cliff	Indoor CrossFit Andy	CrossFit Cliff	Indoor CrossFit Andy	CrossFit Andy			
18:00								
18:30	CrossFit Hannes	CrossFit Cliff	CrossFit Hannes	CrossFit Cliff	CrossFit Hannes			
19:00								
19:30	CrossFit Hannes	CrossFit Cliff	CrossFit Hannes	CrossFit Cliff				
20:00								

COREFIT September 2014 Le Meridien Mina Seyahi

T & D	Sunday	Monday	Tuesday	Wednesday	Thursday	T & D	Friday	Saturday
	06:45	06:45	06:45	06:45	06:45	05:30		
06:45	SUNRISE YOGA Amanda	SUNRISE YOGA	SUNRISE YOGA Amanda	SUNRISE YOGA Sam	SUNRISE YOGA Amanda	06:00		
						06:30		
	06:45		06:45		06:45			
06:45	BEACH BOOTCAMP CIRCUIT Eddie / Edigar		BEACH BOOTCAMP CIRCUIT Eddie / Edigar		BEACH BOOTCAMP CIRCUIT Eddie / Edigar	07:00		
						07:30		
	08:30	08:30	08:30	08:30	08:30		09:00	09:00
08:45	ZUMBA STEP Rachael	CORE SCULPT Eddie B	ZUMBA FITNESS Mirjana	CORE SCULPT Alena	ZUMBA STEP Samira	09:00	SUNRISE YOGA Sharon	SUNRISE YOGA Alena
09:15						09:30		

T & D	Sunday	Monday	Tuesday	Wednesday	Thursday	T & D	Friday	Saturday
	18:00	18:00	18:00	18:00	18:00			
18:00	SUNSET PILATES Sarah	SUNSET YOGA Alena	SUNSET PILATES Sarah	SUNSET YOGA Sam	INDOOR CYCLE Alena	18:00		
18:30					19:00	18:30		
19:00	INDOOR CYCLE Edigar	ZUMBA FITNESS Samira	INDOOR CYCLE Alena	ZUMBA FITNESS Edigar	CORE SCULPT Alena	19:00		
19:30						19:30		
20:00		CORE SCULPT Samira		CORE SCULPT Edigar		20:00		
20:30						20:30		