

Spring 2 Fitness Center Schedule

25th March 2018 to 17th May 2018

All Classes are 50 minutes unless stated

WO – Women Only Class

Due to unforeseen circumstances classes could be cancelled at short notice

***¹No class on March 26 *²No Class on April 1 *³No Class April 15**

جامعة نيويورك أبوظبي

NYU | ABU DHABI

FITNESS & WELLNESS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	7:00	HUA Eva Performance Gym	ABS & CORE Jamie Fitness Center	HATHA YOGA Jim Yoga Studio	KETTLEBELLS Ayesha Fitness Center	HUA Eva Performance Gym
	8.30	HIIT Natascha Fitness Center	KB CIRCUIT Natascha Fitness Center			TRX CIRCUIT KP Fitness Center
AFTERNOON	12:30	CARDIO CLUB KP Fitness Center	TRX CIRCUIT Natascha Fitness Center	HATHA YOGA Let's Go Yoga Yoga Studio	HIIT Dan Fitness Center	KETTLEBELLS Jay Fitness Center
		*³ WO FIT BARRE Sophie Dance Studio	WO BOXING Ayesha Dance Studio	WO ABS and CORE KP Dance Studio	WO FIT BARRE Sophie Dance Studio	HATHA YOGA Let's Go Yoga Yoga Studio
				*² INDOOR CYCLING Scott Cycle Studio		
EVENING	17:30	VINYASA YOGA Yanping Yoga Studio	*¹ HATHA YOGA Let's Go Yoga Yoga Studio	RESTORATIVE YOGA Natascha Yoga Studio	AIKIDO Mallory Combat Studio	HIIT Jamie Fitness Center
		WO HOUR GLASS Ayesha Dance Studio	AIKIDO Mallory Combat Studio	BOXING Ayesha Performance Gym	INDOOR CYCLING KP Cycle Studio	
			INDOOR CYCLING KP Cycle Studio			
	18:00		HUA Eva Performance Gym	HUA Eva Performance Gym	STUDENT-ONLY MEDITATION Natascha E 245	ZUMBA Ayesha Dance Studio
	18:30					CAPOEIRA Alex Yoga Studio
	19:00		ZUMBA Ayesha Dance Studio			