

Ramadan Fitness Center Schedule

Ramadan May 22 – June 14 2018*

All Classes are 50 minutes unless stated

Due to unforeseen circumstances classes could be cancelled at short notice

WO = Women Only Class

*Subject to change based on official announcements

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	7:30	HUA Eva Performance Gym	ABS & CORE Nat/Jamie Fitness Center	HIIT Jamie Fitness Center	HUA Eva Performance Gym	TRIGGER POINT, STRETCH & RELEASE Nat/Dan Fitness Center
AFTERNOON	14:30	KB CIRCUIT Ayesha Fitness Center	INDOOR CYCLING KP Cycle Studio	TRX CIRCUIT Ayesha Fitness Center	CARDIO CLUB KP Fitness Center	HIIT Jamie Fitness Center
	15:30	WO FIT BARRE Sophie Dance Studio	HIIT/TABATA Ayesha Fitness Center	WO FIT BARRE Sophie Dance Studio	ABS & CORE Nat/Jamie Fitness Center	INDOOR CYCLING KP Cycle Studio
		TRX CIRCUIT KP Fitness Center		CORE STRENGTH VINYASA Let's Go Yoga Yoga Studio		CORE STRENGTH VINYASA Let's Go Yoga Yoga Studio
EVENING	20:00 (30 min)	ABS & CORE KP Fitness Center		TRX CIRCUIT Nat Fitness Center	KB CIRCUIT Jamie Fitness Center	