

# SIRO ONE ZA'ABEEL . DUBAI

May 2024

Group Classes Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am	<b>Speed</b> 45 min Sara	<b>Climb</b> 45 min Hamza	<b>Endurance</b> 45 min Patricia	<b>Climb</b> 45 min Monika	<b>Speed</b> 45 min Sara		
8am	<b>Power</b> 50 min Sara	<b>Booty</b> 50 min Hamza	<b>Sculpt</b> 50 min Ali	<b>Booty</b> 50 min Sara	<b>Sculpt</b> 50 min Sara	<b>Power</b> 50 min Dany	<b>Endurance</b> 45 min Monika
9am		<b>Reformer Pilates*</b> 50 min Raluca			<b>Reformer Pilates*</b> 50 min Raluca		
10am	<b>Yin Yoga</b> 60 min Marija	<b>Stretch</b> 60 min Kate	<b>Meditation</b> 60 min Tania	<b>Hatha Yoga</b> 60 min Marija	<b>Stretch</b> 60 min Kate	<b>Climb</b> 45 min Gray	<b>Boxing Fitness</b> 50 min Ali
						<b>Reformer Pilates*</b> 50 min Raluca	
11am						<b>Yin Yoga</b> 60 min Petra	<b>Meditation</b> 60 min Petra
5:30pm	<b>Endurance</b> 45 min Hamza	<b>Speed</b> 45 min Gray	<b>Climb</b> 45 min Sara	<b>Endurance</b> 45 min Gray	<b>Speed</b> 45 min Anca	<b>Climb</b> 45 min Dany	
	<b>Reformer Pilates*</b> 50 min Raluca		<b>Reformer Pilates*</b> 50 min Raluca				
6:30pm	<b>Boxing Fitness</b> 50 min Hamza	<b>Functional Fitness</b> 50 min Sara	<b>Boxing Fitness</b> 50 min Stewart	<b>Functional Fitness</b> 50 min Hamza	<b>Boxing Fitness</b> 50 min Stewart		<b>Functional Fitness</b> 50 min Olga
7:30pm	<b>Hatha Yoga</b> 60 min Ingrid	<b>Yin Yoga</b> 60 min Ingrid	<b>Stretch</b> 60 min Kate	<b>Hatha Yoga</b> 60 min Andrea	<b>Meditation</b> 60 min Petra		



Yoga Studio



Cycle Studio



Experience Box



Reformer Pilates Studio

\*Class charged separately, not part of membership