

Group Classes - September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12PM - 12:45PM BOOTCAMP	11AM - 11:45AM TRX FIT	10:30AM - 11:30AM YOGA	11AM - 11:45AM TRX	10AM - 10:30AM AB BLASTER	9AM - 2PM YOGA & PRIMARY HUMAN FLOW WORKSHOP* SEPTEMBER 29	9AM - 2PM YOGA & PRIMARY HUMAN FLOW WORKSHOP* SEPTEMBER 30
5:30PM - 6:15PM TRX BOOTCAMP	5:30PM - 6PM AB BLASTER	12PM - 12:45PM CIRCUIT	5:30PM - 6PM AB BLASTER	12PM - 12:45PM BOOTCAMP	JUDO CLASSES* OPEN MAT 10AM - 11:30AM	9:30AM - 10:30AM PILATES FOR KIDS & FIT-UP FOR MOMS* SEPTEMBER 16 & 20
6PM - 7PM SUNSET YOGA		JUDO CLASSES* JUNIORS 4PM - 5PM SENIORS 5PM - 6:30PM		2:30PM - 3:15PM TRX		10:30AM - 11:30AM YOGA
7PM - 9:30PM WEEKLY MOON CYCLE WORKSHOPS FOR LADIES ONLY*	6:30PM - 7:30PM SUNSET YOGA		6:30PM - 7:30PM SUNSET YOGA	JUDO CLASSES* JUNIORS 4PM - 5PM SENIORS 5PM - 6:30PM		11AM - 11:45AM TRX
		5:30PM - 6:15PM TRX		7:30PM - 9PM THE STORY TELLING YOGA* SEPTEMBER 28		11:30AM - 12:30AM MOTHER & DAUGHTER YOGA* SEPTEMBER 9 & 23
						12PM - 12:45PM CIRCUIT
						JUDO CLASSES* JUNIORS 1PM - 2PM SENIORS 1PM - 2:30PM

***ADDITIONAL FEE REQUIRED FOR THESE CLASSES.**

PRE BOOKING IS ESSENTIAL FOR ALL CLASSES.

For bookings and details, please contact 04 326 7277 or 050 899 9643 or info@bodylanguage.ae

Opening Hours:

Sunday to Thursday: 6am-10pm | Friday & Saturday: 8am-8pm

@Blhealthclub @blhealthclub facebook.com/BodyLanguage.albarari

youtube.com/channel/UCM_xM_rmCFKKCrhO6SuttdQ/videos

