

# Group Classes - July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am - 9:15am CIRCUIT	11am - 11:45am TRX	10:30am - 11:30am YOGA	11am - 11:45am TRX	8:30am - 9:15am CIRCUIT	11am - 11:45am TRX	10:30am - 11:30am YOGA
12pm - 12:45pm BOOTCAMP	5:30pm - 6pm AB BLASTER	12pm - 12:45pm CIRCUIT	5:30pm - 6pm AB BLASTER	12pm - 12:45pm BOOTCAMP		
			6:30pm - 7:30pm SUNSET YOGA			
5:30pm - 6:15pm TRX	6:30pm - 7:30pm SUNSET YOGA	5:30pm - 6:15pm TRX	8pm - 9pm GONG MEDITATION* (JULY 5 & 19)	2:30pm - 3:15pm TRX	12pm - 12:30pm AB BLASTER	12pm - 12:45pm CIRCUIT

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

**PRE BOOKING IS ESSENTIAL FOR ALL CLASSES.**

For bookings and details, please contact 04 326 7277 or 050 8999643 or [info@bodylanguage.ae](mailto:info@bodylanguage.ae)

Opening Hours:

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

 @Blhealthclub
  @blhealthclub
  [facebook.com/BodyLanguage.albarari](https://facebook.com/BodyLanguage.albarari)

 [youtube.com/channel/UCM\\_xM\\_rmCFKKCrhO6SuttdQ/videos](https://youtube.com/channel/UCM_xM_rmCFKKCrhO6SuttdQ/videos)

