

@ALBARARI_DUBAI

MONDAY TO FRIDAY,
6AM-10PM
SATURDAY AND SUNDAY,
8:00AM- 8:00PM



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📍 BIhealthclub

MARCH TIMETABLE

GLASS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM - 8AM HIIT BODY WITH MARK			7:30AM - 8AM CORE BODY WITH MARK		8AM - 9AM HATHA BODY WITH PIETRONELLA	
9AM - 10AM HATHA BODY WITH NEHA	9AM - 10AM BARRE/PILATES BODY WITH SVITLANA	9AM - 10AM VINYASA BODY WITH NEHA	9AM - 9:45AM TRX BODY WITH MARK 9AM - 10AM BARRE/PILATES BODY WITH SVITLANA	9AM - 10AM HATHA BODY WITH MANON	9AM - 9:45AM TRX BODY WITH KRIS 9AM - 10AM BARRE/PILATES BODY WITH SVITLANA	9AM - 10AM HATHA YOGA & MEDITATION WITH RANJAN 9AM-9:45AM HIIT BODY WITH MARK
10AM - 10:30AM CARDIO BOXING BODY WITH MARK	10AM - 11AM TAI CHI WITH MAELIN 10AM - 10:45AM ViPR BODY WITH MARK	10AM - 10:30AM CORE BODY WITH MARK		11AM - 11:45AM HIIT BODY WITH SHANE	10AM - 10:30AM CARDIO BOXING BODY WITH SHANE	10AM - 11AM MUAY THAI WITH WADE
12PM - 12:30PM CORE BODY WITH SHANE	12PM - 12:30PM HIIT BODY WITH SHANE		12PM - 12:30PM CORE BODY WITH SHANE			
5PM - 5:45PM HIIT BODY WITH KRIS		5:30PM - 6PM ViPR BODY WITH SHANE				
	6PM - 6:45PM CARDIO BOXING BODY WITH KRIS	6PM - 6:45PM TRX BODY WITH KRIS	6PM - 6:45PM CARDIO BOXING BODY WITH KRIS	6PM - 6:45PM TRX BODY WITH KRIS	6PM - 6:45PM HIIT BODY WITH KRIS	
7PM - 8PM MUAY THAI WITH WADE		7PM - 8PM MUAY THAI WITH WADE	7PM - 8PM MUAY THAI WITH WADE			

(MARTIAL ARTS) GLASS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4PM - 5PM (SPA STUDIO) CLASSICAL BALLET 4 - 6 YEARS OLD					10AM - 11AM YOUNG ATHLETES 5 - 7 YEARS OLD	
5PM - 6PM (SPA STUDIO) CLASSICAL BALLET 7 - 9 YEARS OLD		4PM - 5PM CLASSICAL BALLET 4 - 6 YEARS OLD			11AM - 12PM ADVANCED ATHLETES 8 - 12 YEARS OLD	
4PM - 5PM YOUNG ATHLETES 5 - 7 YEARS OLD	4PM - 5PM YOUNG ATHLETES 5 - 7 YEARS OLD	5PM - 6PM CLASSICAL BALLET 7 - 9 YEARS OLD	4PM - 5PM YOUNG ATHLETES 5 - 7 YEARS OLD			
5PM - 6PM ADVANCED ATHLETES 8 - 12 YEARS OLD	5PM - 6PM ADVANCED ATHLETES 8 - 12 YEARS OLD		5PM - 6PM ADVANCED ATHLETES 8 - 12 YEARS OLD			
6:30PM - 8PM ADULT MMA CLASS	6:30PM - 8PM ADULT MMA CLASS	6PM - 7PM CLASSICAL BALLET ADULT	6:30PM - 8PM ADULT MMA CLASS			

REVIVE & REFORM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM - 7:55AM REFORMER WITH NATHALIE						
8AM - 8:55AM REFORMER WITH NATHALIE	8:00AM - 8:55AM REFORMER WITH NADINE			8:00AM - 8:55AM REFORMER WITH NADINE		
		9:00AM - 10:00AM REFORMER BEGINNERS WITH FANI		9:00AM - 9:55AM REFORMER (LADIES ONLY) WITH NADINE		
10:00AM - 10:55AM REFORMER BEGINNERS WITH FANI	10:00AM - 10:55AM REFORMER WITH NATHALIE	10:00AM - 10:55AM REFORMER WITH FANI		10:00AM - 10:55AM REFORMER BEGINNERS WITH FANI		
11AM - 11:55AM REFORMER WITH NADINE	11:00AM - 11:55AM REFORMER WITH NATHALIE		11AM - 11:55AM REFORMER WITH NATHALIE	11AM - 11:55AM REFORMER WITH NATHALIE		
			12PM - 12:55PM REFORMER (LADIES ONLY) WITH NATHALIE	12PM - 12:55PM REFORMER WITH NATHALIE		
7:30PM - 8:25PM REFORMER WITH NADINE	7:30PM - 8:25PM REFORMER WITH NADINE					

*ADDITIONAL FEE FOR CLASSES IN GREEN

*PRE BOOKING IS ESSENTIAL