



JUNE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	EVENTS
7:30AM - 8AM CORE CONDITIONING WITH MARK		9AM-10AM VINYASA FLOW WITH NEHA	7:30AM - 8AM CORE CONDITIONING WITH MARK				*MONDAY 13 TH JUNE 7PM-8PM NEW MOON SOUND MEDITATION WITH ELIZABETH
9AM-10AM HATHA FLOW WITH NEHA	10AM-10:45AM LEGS, GLUTES, ABS WITH MARK	10AM-10:45AM METCON WITH MARK	9AM-9:45AM TRX SWEAT WITH MARK	9:30AM-10:30AM BARRE/PILATES MAT WITH SVITLANA	9AM-9:45AM TRX SWEAT WITH BADER	9AM-9:45AM OUTDOOR BOOTCAMP WITH MARK	
10AM-10:30AM EXPRESS CARDIO BOXING WITH MARK	10:30AM-11:30AM BARRE/PILATES MAT WITH SVITLANA	NEW 4PM-4:45PM KIDS BALLET 5PM-6PM LADY(BALLET & STRETCHING) 6PM-7PM MEN (STRETCHING)	10:30AM-11:30AM BARRE/PILATES MAT WITH SVITLANA	10AM - 10:30AM DEATH BY CARDIO WITH ALLEN	10AM - 11AM VINYASA YOGA WITH MIRELLA	10AM-11AM VINYASA FLOW WITH SAM	*THURSDAY 30 TH JUNE 7PM-8PM FULL MOON SOUND MEDITATION WITH ELIZABETH
NEW 4PM-4:45PM KIDS BALLET 5PM-6PM LADY(BALLET & STRETCHING) 6PM-7PM MEN (STRETCHING)	12PM-12:30PM CORE CONDITIONING WITH ALLEN	5PM-5:45PM TRX CIRCUIT WITH ALLEN	12PM-12:45PM TRX SWEAT WITH ALLEN	12PM-12:45PM METCON WITH MARK		11AM-11:45AM TRX CIRCUIT WITH ALLEN	
5PM - 5:45PM TABATA WITH BADER	5PM -5:45PM TRX SWEAT WITH ALLEN	6PM - 6:45PM TABATA WITH BADER	5PM -5:45PM TRX SWEAT WITH ALLEN			12PM-12:30PM CORE CONDITIONING WITH BADER	
6PM-6:30PM CORE CONDITIONING WITH ALLEN	6PM - 7PM CARDIO BOXING WITH BADER	6:30PM - 7:30PM YOGA MEDITATION WITH RANJAN	6PM - 7PM CARDIO BOXING WITH BADER			5PM-5:45PM TRX SWEAT WITH BADER	
7PM - 8PM *MUAY THAI WITH WADE	7PM-7:30PM CORE CONDITIONING WITH BADER	7PM - 8PM *MUAY THAI WITH WADE					

*PRE BOOKING IS ESSENTIAL.

*ADDITIONAL FEE FOR
CLASSES IN GREEN

04 326 7277
050 899 9643
info@bodylanguage.ae
bodylanguage.ae
@Blhealthclub