



body language
al barari

FEBRUARY TIMETABLE

* PRE BOOKING IS ESSENTIAL FOR
CLASSES

** ADDITIONAL FEE FOR
CLASSES IN GREEN

SUNDAY TO THURSDAY
6.30AM - 10PM

FRIDAY AND SATURDAY
8AM - 8PM

04 326 7277

050 8999643

INFO@BODYLANGUAGE.AE

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@BLHEALTHCLUB

SUNDAY

9AM-9:45AM
OUTDOOR BOOTCAMP WITH MARK

10AM-11AM
VINYASA FLOW WITH SAM

11AM-11:45AM
TRX CIRCUIT WITH ALLEN

5PM-5:45AM
TRX SWEAT WITH BADER

MONDAY

7:30AM - 8AM
CORE CONDITIONING WITH MARK

9AM-10AM
HATHA FLOW WITH NEHA

10AM-10:30AM
EXPRESS CARDIO BOXING WITH
MARK

5PM - 5:45PM
TABATA WITH BADER

6PM-6:30PM
CORE CONDITIONING WITH ALLEN

7PM - 8PM
MUAY THAI WITH WADE

TUESDAY

10AM-10:45AM
LEGS, GLUTES, ABS WITH MARK

12PM-12:30PM
CORE CONDITIONING WITH ALLEN

5PM - 5:45PM
TRX SWEAT WITH ALLEN

5PM - 6PM
HATHA YOGA WITH SAM

6PM - 7PM
CARDIO BOXING WITH BADER

7PM-7:30PM
CORE CONDITIONING WITH BADER

WEDNESDAY

9AM-10AM
VINYASA FLOW WITH NEHA

10AM-10:45AM
METCON WITH MARK

5PM-5:45PM
TRX CIRCUIT WITH ALLEN

6PM - 6:45PM
TABATA WITH BADER

6:30PM - 7:30PM
YOGA MEDITATION WITH RANJAN

7PM - 8PM
MUAY THAI WITH WADE

THURSDAY

7:30AM - 8AM
CORE CONDITIONING WITH MARK

9AM-9:45AM
TRX CIRCUIT WITH MARK

12PM-12:45PM
TRX SWEAT WITH BADER

5PM - 5:45PM
TRX SWEAT WITH ALLEN

5:30PM - 6:30PM
PILATES MAT WITH GRACE

6PM - 7PM
CARDIO BOXING WITH BADER

FRIDAY

9:30AM-10:30AM
BARRE/PILATES MAT WITH SVITLANA

10AM - 10:30AM
DEATH BY CARDIO WITH ALLEN

12PM-12:45PM
METCON WITH MARK

SATURDAY

9AM-9:45AM
TRX SWEAT WITH BADER

10AM - 11AM
VINYASA YOGA WITH MIRELLA

MONTHLY EVENTS

*TUESDAY 1ST FEBRUARY 7PM-8PM
NEW MOON SOUNDBATH HEALING WITH
ELIZABETH

*WEDNESDAY 16TH FEBRUARY 7PM-8PM
FULL MOON SOUND MEDITATION WITH
ELIZABETH