Get ready for Wellfit 30x30 POP-UP GYM





			DIFC												DSO							The Sevens Stadi	e Sevens Stadium						JLT			
	Start Fir	Finish	Saturday	Sunday	Monday	Tuesday	Tuesday Thursday Friday			Saturday	Sunday	Monday	Monday Tuesday		Vednesday Thursday Friday		Saturday	aturday Sunday		Monday Tuesday Wednesday				Saturday Sunday Monday		Monday	Tuesday Wednesday Thursday Friday			Friday	Saturday	Sunday
			28th October	29th October	30th October	31st October	1st November	2nd November	3rd November	4th November	5th November	6th November	7th November	8th November	9th November	10th November	11th November	12th November	13th November	14th November	15th November	16th November				20th November	21st November	22nd November	23rd November	24th November	25th November	
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	7:45	8:00																														
	8:00	8:15	Lift	Breath - BR Performance *						Yoga	Lift						Yoga	Lift						Yoga	Lift						Yoga	Lift
	8:15	8:30		Wellfit																												
	8:30	8:45																														
			Ignite Bootcamp	Ignite Bootcamp						Yoga	Ignite Bootcamp						Yoga	Ignite Bootcamp						Yoga	Ignite Bootcamp						Yoga	Ignite Bootcamp
Morning	9:00	9:15	_							_							-															
	9:15	9:30																														
	9:30 9:45	9:45	Pilates - BR Performance * Wellfit	Fortify						Yoga	Fortify						Yoqa	Fortify						Yoaa	Fortify						Yoga	Fortify
	9:45	10:00	Wellfit	. 5,							. 51,														,							,
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	17:00	17:15																														
	17:15	17:30																														
	17:30	17:45																														
	17:45	18:00																														
	18:00	18:15			Circuits - BR Performance *		Circuits - BR Performance *		Circuits - BR						Power - Balas Fit &							Power - Palma Fit to							Power - Dalm Fit	*		
	18:15	18:30			Performance * Wellfit	Lift	Performance * Wellfit	Lift	Circuits - BR Performance * Wellfit			Fortify	Lift	Lift	Power - PalmFit * Wellfit	Ignite Bootcamp			Lift	Fortify	Fortify	Power - PalmFit * Wellfit	Ignite Bootcamp			Lift	Fortify	Fortify	Power – PalmFit † Wellfit	* Ignite Bootcamp		
	18:30	18:45																														
	18:45	19:00			Boxing - BR		Boxing - BR		Boxing - BR						D. D. T.							D. D. T.								4		
	19:00	19:15			Boxing - BR Performance * Wellfit	Ignite Bootcamp	Boxing - BR Performance * Wellfit	Ignite Bootcamp	Performance * Wellfit			Lift	Fortify	Ignite Bootcamp	Power - PalmFit * Wellfit	Lift			Ignite Bootcamp	Lift	Ignite Bootcamp	Power - PalmFit * Wellfit	Lift			Ignite Bootcamp	Lift	Ignite Bootcamp	Power - PalmFit [*] Wellfit	Lift		
Evening	19:15	19:30																														
	19:30	19:45			Pilates - RP		Breath - BR		Breath - BR																							
	19:45	20:00			Pilates - BR Performance * Wellfit	Fortify	Breath - BR Performance * Wellfit	Fortify	Breath - BR Performance * Wellfit po			Ignite Bootcamp	Ignite Bootcamp	Fortify	Power – PalmFit * Wellfit	Fortify			Fortify	Ignite Bootcamp	p Lift	Power – PalmFit * Wellfit	Fortify			Fortify	Ignite Bootcamp	Lift	Power – PalmFit † Wellfit	* Fortify		
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