

MEN'S CLUB

(TIME SCHEDULE)



MONTH:

	SAT	SUN	MON	TUE	WED	THU	FRI
TIME			04:15PM	04:15PM	04:15PM		
CLASS			ABS FOCUS	HIT	ABS FOCUS		
COACH			COACH EMAD	COACH EMAD	COACH EMAD		
AREA			STRENGTH AREA	STRENGTH AREA	STRENGTH AREA		
	SAT	SUN	MON	TUE	WED	THU	FRI
TIME	5:00PM	05:00PM	5:00PM	5:00PM	5:00PM	05:00PM	5:00PM
CLASS	BOOT PUMP	CIRCUIT	W.O.D	RPM	BODY PUMP	BODY COMBAT	HIT
COACH	COACH MATHEW	COACH EMAD	COACH YASMEEN	COACH ZAYED	COACH KARIM	COACH MOAZ	COACH MATHEW
AREA	STRENGTH AREA	STRENGTH AREA	STRENGTH AREA	STUDIO	STUDIO	STRENGTH AREA	STRENGTH AREA
	SAT	SUN	MON	TUE	WED	THU	FRI
TIME	9:15PM	09:15PM	09:15PM	09:15PM	09:15PM	09:15PM	09:15PM
CLASS	CIRCUIT	RPM	HIT	BODY COMBAT	W.O.D	RPM	BOOTCAMP
COACH	COACH MATHEW	COACH HAFES	COACH RAFI / MATHEW	COACH JOAN	COACH YASMEEN	COACH MALIK	COACH RAFI / LEO
AREA	STRENGTH AREA	STUDIO AREA	STRENGTH AREA	STRENGTH AREA	STRENGTH AREA	STUDIO AREA	STRENGTH AREA
	SAT	SUN	MON	TUE	WED	THU	FRI
TIME		10:00PM	10:00PM	10:00PM	10:00PM	10:00PM	
CLASS		ABS FOCUS	CIRCUIT	ABS FOCUS	BODY PUMP	ABS FOCUS	
COACH		COACH LEO	COACH LEO	COACH LEO	COACH WILL	COACH LEO	
AREA		STRENGTH AREA	STRENGTH AREA	STRENGTH AREA	STUDIO AREA	STRENGTH AREA	