

REGULAR CLASS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 AM					Spin Tribe - Mixed 6:45-7:45am - Carlos		
8:00 AM	BTB at SBC - I 8-9am - Anya Gentle Yoga - O 8:30-9:45am - Angela Dance Cardio - I 8:45-9:30am - Anissa	Xtend Barre at SBC - O 8-9am - Anya Yoga Therapy and Alignment - O 8:45-10am - Joelle BTB Advanced - A 8:45-9:45am - Nadia & Anissa	Yoga at SBC - O 8:30-9:30am - Joelle Power Flow Yoga - I 8:30-9:45am - Angela BTB Bounce - I/A 8:45-9:45am - Anya	Xtend Barre at SBC - O 8-9am - Anya BTB Advanced - A 8:45-9:45am - Nadia & Anissa Spin Tribe 8:45-9:45am - Jenny Yin Yoga - O 8:45-10am - Angela	BTB at SBC - I 8-9am - Anya Power Flow Yoga - I 8:45-10am - Angela Strong by Zumba - O 8:45-9:45am - Ceci	Spin Tribe - Mixed 8-9am - Carlos	Yoga at SBC - O 8:30-9:30am - Joelle
9:00 AM	Reformer I/II 9-9:55am - Huda Reformer II 9-9:55am - Anita BTB Shred - I 9:45-10:45am - Anissa	Reformer II 9-9:55am - Huda	Reformer Intervals 9-9:55am - Jenny		Reformer II 9-9:55am - Fe		Reformer I/II 9-9:55am - Huda Reformer II - Mixed 9-9:55am - Didier
10:00 AM	Spin Tribe Mat 10:15-11:15am - Jenny	Pilates Principles - Mat - B 10-10:55am - Anita Xtend Barre - I 10-11am - Anya Pre Natal Yoga - O 10:15-11:30am - Helena	Pre Natal Mat Pilates - O 10-10:55am - Fe Reformer I/II 10-10:55am - Huda Strong by Zumba - O 10-11am - Ceci	Pilates Mat - O 10-10:55am - Huda BTB Bounce - I/A 10:30-11:30am - Anya	Reformer I/II 10-10:55am - Anita Wonder Wheel Flow - I 10-11am - Michelle Xtend Barre - I 10-11am - Anya Pre Natal Yoga - O 10:15-11:30am - Zita	Pilates for Runners - O 10-10:55am - Fe	Athletic Pilates Mat - Mixed - O Huda - 10-10:55am Reformer II - Mixed 10-10:55am - Didier Teen/Adult Contemporary/Ballet - I 10:45am-12pm - Yvette/Susie
11:00 AM	Pilates Reformer 11:15am-12:10pm - Anita		Pilates Reformer 11-11:55am - Anita	Pre Natal Reformer - O 11-11:55am - Fe	Mommy and Baby Yoga - O 11:45am-1pm - Zita	Power Yoga - Mixed - I 11am-12:30pm - Didier	Reformer I/II - Mixed 11-11:55am - Didier
12:00 PM	Adult Ballet - I 12-1:15pm - Susie	Pilates Mat with Props - O 12-12:55pm - Marie					Tai Chi Beginner - Mixed - B 12:30-1:30pm - Grace
2:00 PM							Tai Chi Intermediate - Mixed - I 2-3pm - Grace
4:00 PM							Hatha Flow Yoga - Mixed - I 4:30-6pm - Didier
5:00 PM	Yin Yoga - O 5-6:15pm - Angela		Ashtanga Yoga - O 5-6pm - Joelle Vinyasa Flow - Mixed - I 5:30-6:30pm - Alexandra	Vinyasa Flow - O 5-6pm - Zita Gentle Yoga - O 5:30-6:30pm - Joelle			
6:00 PM	Pre Natal Reformer - O 6-6:55pm - Fe BTB Bounce - I/A 6:30-7:45pm - Anya Yoga at the Rosewood - O 6:30-8pm - Didier Power Vinyasa - Mixed - I 6:45-8pm - Sara	Reformer I/II - Mixed 6-6:55pm - Angela Beginner Yoga - Mixed - B 6:30-7:30pm - Sara Bodytree Body - I 6:30-7:30pm - Anya Hatha Flow Yoga - I 6:15-7:30pm - Joelle	Pre Natal Yoga - O 6-7pm - Zita Reformer I/II 6-6:55pm - Huda Reformer II - Mixed 6-6:55pm - Fe Wonder Wheel Flow - Mixed - I 6:30-7:30pm - Michelle Xtend Barre - O 6:30-7:30pm - Anya Yoga at the Rosewood - Mixed - O 6:30-8pm - Didier	Reformer I/II - Mixed 6-6:55pm - Anita Pre Natal Mat Pilates - O 6-6:55pm - Fe Reformer II - Mixed 6-6:55pm - Didier Bodytree Body - I 6:30-7:30pm - Anya Hatha Flow Yoga - Mixed - I 6:30-7:45pm - Joelle	Ashtanga 1.5 Combined Series - Mixed - A 6:15-7:45pm - Michelle Beginner Yoga - Mixed - B 6:15-7:30pm - Didier		Beginner Yoga - Mixed - B 6-7:15pm - Didier
7:00 PM	Core Power Pilates Mat - I 7-7:55pm - Anita Pilates Jump Fit Reformer - Mixed 7-7:55pm - Huda Spin Tribe - Mixed 7-8pm - Carlos	Reformer I/II - Mixed 7-7:55pm - Huda Reformer II - Mixed 7-7:55pm - Fe Vinyasa Flow - Mixed - I 7:30-8:45pm - Didier	Pilates Mat - B 7:15-8:10pm - Christiana Spin Tribe - Mixed 7:30-8:30pm - Jenny Teen Adult Beginner Ballet - B 7:30-8:30pm - Mila Yoga Therapy and Alignment - Mixed - O 7:45-9pm - Joelle	Dynamic Flow I/II - Mixed 7-7:55pm - Didier Pilates Principles - Mat - B 7-7:55pm - Anita Reformer III - Mixed 7-7:55pm - Fe Tai Chi Advanced - Mixed - A 7:30-9pm - Grace Teen/Adult Belly Dance - O 7:45-8:45pm - Ekaterina	Meditation - O 7-8pm - Joelle		
8:00 PM	Ashtanga 1.5 Combined Series - Mixed - A 8-9:30pm - Michelle	Stretch 'n Snooze Restorative - Mixed - O 8-9:30pm - Angela		Reformer II - Mixed 8-9pm - Didier			

KEY:

YOGA

DANCE/FITNESS

PILATES

B: Beginner

I: Intermediate

A: Advanced

O: Open Level

SBC: Saadiyat Beach Club