

## REGULAR CLASS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 AM					<b>Spin Tribe - Mixed</b> 6:45-7:45am - Carlos		
8:00 AM	<b>BTB at SBC - I</b> 8-9am - Anya <b>Gentle Yoga - O</b> 8:30-9:45am - Angela <b>Dance Cardio - I</b> 8:45-9:30am - Anissa	<b>Xtend Barre at SBC - O</b> 8-9am - Anya <b>Yoga Therapy and Alignment - O</b> 8:45-10am - Joelle <b>BTB Advanced - A</b> 8:45-9:45am - Nadia & Anissa	<b>Yoga at SBC - O</b> 8:30-9:30am - Joelle <b>Power Flow Yoga - I</b> **Last Class 12 March 8:30-9:45am - Angela <b>Power Wheel Flow - I</b> **First Class 19 March 8:30-9:30am - Michelle <b>BTB Bounce - I/A</b> 8:45-9:45am - Anya	<b>Xtend Barre at SBC - O</b> 8-9am - Anya <b>BTB Advanced - A</b> 8:45-9:45am - Nadia & Anissa <b>Spin Tribe</b> 8:45-9:45am - Jenny <b>Yin Yoga - O</b> 8:45-10am - Angela	<b>BTB at SBC - I</b> 8-9am - Anya <b>Power Flow Yoga - I</b> 8:45-10am - Mary <b>Strong by Zumba - O</b> 8:45-9:45am - Ceci	<b>Spin Tribe - Mixed</b> 8-9am - Carlos	<b>Yoga at SBC - O</b> 8:30-9:30am - Joelle
9:00 AM	<b>Reformer III</b> 9-9:55am - Huda <b>Reformer II</b> 9-9:55am - Anita <b>BTB Shred - I</b> 9:45-10:45am - Anissa	<b>Reformer II</b> 9-9:55am - Huda	<b>Reformer Intervals</b> 9-9:55am - Jenny		<b>Reformer II</b> 9-9:55am - Fe		<b>Reformer III</b> 9-9:55am - Huda <b>Reformer II - Mixed</b> 9-9:55am - Didier
10:00 AM	<b>Spin Tribe Mat</b> 10:15-11:15am - Jenny	<b>Pilates Principles - Mat - B</b> 10-10:55am - Anita <b>Xtend Barre - I</b> 10-11am - Anya <b>Pre Natal Yoga - O</b> 10:15-11:30am - Helena	<b>Pre Natal Mat Pilates - O</b> 10-10:55am - Fe <b>Reformer III</b> 10-10:55am - Huda <b>Zumba &amp; Tone - O</b> 10-11am - Ceci	<b>Pilates Mat - O</b> 10-10:55am - Huda <b>BTB Bounce - I/A</b> 10:30-11:30am - Anya	<b>Reformer III</b> 10-10:55am - Anita <b>Xtend Barre - I</b> 10-11am - Anya <b>Pre Natal Yoga - O</b> 10:15-11:30am - Zita	<b>Pilates for Runners - O</b> 10-10:55am - Fe	<b>Athletic Pilates Mat - Mixed - O</b> Huda - 10-10:55am <b>Reformer II - Mixed</b> 10-10:55am - Didier <b>Teen/Adult Contemporary/Ballet - I</b> 10:45am-12pm - Yvette/Susie
11:00 AM	<b>Pilates Reformer</b> 11:15am-12:10pm - Anita	<b>Osho Dance Meditation - O</b> 11:30am-12:30pm - Madina	<b>Pilates Reformer</b> 11-11:55am - Anita	<b>Pre Natal Reformer - O</b> 11-11:55am - Fe <b>Osho Dance Meditation - O</b> 11am-12pm - Madina	<b>Mommy and Baby Yoga - O</b> 11:45am-1pm - Zita	<b>Power Yoga - Mixed - I</b> 11am-12:30pm - Didier	<b>Reformer III - Mixed</b> 11-11:55am - Didier
12:00 PM	<b>Adult Ballet - I</b> 12-1:15pm - Susie	<b>Pilates Mat - O</b> 12-12:55pm - Marie		<b>Pilates Reformer</b> 12-12:55pm - Marie <b>Adult Dance - I</b> 12-1:15pm - Susie			<b>Tai Chi Beginner - Mixed - B</b> 12:30-1:30pm - Grace
2:00 PM							<b>Tai Chi Intermediate - Mixed - I</b> 2-3pm - Grace
4:00 PM							<b>Hatha Flow Yoga - Mixed - I</b> 4:30-6pm - Didier
5:00 PM			<b>Ashtanga Yoga - O</b> 5-6pm - Joelle	<b>Vinyasa Flow - O</b> 5-6pm - Zita <b>Gentle Yoga - Mixed - O</b> 5:30-6:30pm - Joelle			
6:00 PM	<b>Pre Natal Reformer - O</b> 6-6:55pm - Fe <b>BTB Bounce - I/A</b> 6:30-7:45pm - Anya <b>Yoga at the Rosewood - O</b> 6:30-8pm - Didier	<b>Reformer III - Mixed</b> 6-6:55pm - Anita <b>Beginner Yoga - Mixed - B</b> 6:30-7:30pm - Sara <b>Bodytree Body - I</b> 6:30-7:30pm - Anya <b>Hatha Flow Yoga - I</b> 6:30-7:45pm - Joelle	<b>Pre Natal Yoga - O</b> 6-7pm - Zita <b>Reformer III</b> 6-6:55pm - Huda <b>Reformer II - Mixed</b> 6-6:55pm - Fe <b>Wonder Wheel Flow - Mixed - I</b> 6:30-7:30pm - Michelle <b>Xtend Barre - O</b> 6:30-7:30pm - Anya <b>Yoga at the Rosewood - Mixed - O</b> 6:30-8pm - Didier	<b>Reformer III - Mixed</b> 6-6:55pm - Anita <b>Pre Natal Mat Pilates - O</b> 6-6:55pm - Fe <b>Reformer II - Mixed</b> 6-6:55pm - Didier <b>Bodytree Body - I</b> 6:30-7:30pm - Anya <b>Hatha Flow Yoga - Mixed - I</b> 6:30-7:45pm - Joelle	<b>Ashtanga 1.5 Combined Series - Mixed - A</b> 6:15-7:45pm - Michelle <b>Beginner Yoga - Mixed - B</b> 6:15-7:30pm - Didier		<b>Beginner Yoga - Mixed - B</b> 6-7:15pm - Didier
7:00 PM	<b>Core Power Pilates Mat - I</b> 7-7:55pm - Anita <b>Pilates Jump Fit Reformer - Mixed</b> 7-7:55pm - Huda <b>Spin Tribe - Mixed</b> 7-8pm - Carlos	<b>Reformer III - Mixed</b> 7-7:55pm - Huda <b>Reformer II - Mixed</b> 7-7:55pm - Fe <b>Vinyasa Flow - Mixed - I</b> 7:30-8:45pm - Didier	<b>Pilates Mat - B</b> 7:15-8:10pm - Christiana <b>Spin Tribe - Mixed</b> 7:30-8:30pm - Jenny <b>Yoga Therapy and Alignment - Mixed - O</b> 7:45-9pm - Joelle	<b>Dynamic Flow III - Mixed</b> 7-7:55pm - Didier <b>Pilates Principles - Mat - B</b> 7-7:55pm - Anita <b>Reformer III - Mixed</b> 7-7:55pm - Fe <b>Tai Chi Advanced - Mixed - A</b> 7:30-9pm - Grace <b>Teen/Adult Belly Dance - O</b> 7:45-8:45pm - Ekaterina			
8:00 PM	<b>Ashtanga 1.5 Combined Series - Mixed - A</b> 8-9:30pm - Michelle <b>Pilates Reformer</b> 8-8:55pm - Anita			<b>Reformer II - Mixed</b> 8-9pm - Didier			

KEY:

YOGA

DANCE/FITNESS

PILATES

B: Beginner

I: Intermediate

A: Advanced

O: Open Level

SBC: Saadiyat Beach Club