

Warehouse Al Quoz

May Classes

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
6:00	TRX		TRX			8:00		STRENGTH CLUB
7:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	9:00	CIRCUITS	
7:00	CIRCUIT	CIRCUIT	CIRCUIT	CIRCUIT	CIRCUIT	9:00	KIDS BOXING	BOXFIT
7:00			CARDIO CLUB		STRENGTH CLUB	10:00	KIDS BOXING	CROSSFIT
						10:00	CROSSFIT	STRONGMAN
18:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT			
18:15	POLEHOUSE	POLEHOUSE	POLEHOUSE					
18:30				POLEHOUSE				
19:00	POLEHOUSE	POLEHOUSE	POLEHOUSE					
19:00		TRX		TRX				
19:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT			
19:00	BOXFIT		BOXFIT		BOXFIT			
19:00	LADIES CROSSFIT		LADIES CROSSFIT		LADIES CROSSFIT			
19:15	CIRCUIT		CIRCUIT	POLEHOUSE	CIRCUIT			
19:15				STRONGMAN				