

DREAMZ

FITNESS

GROUP CLASSES

MONDAY DJALUNA	08:00 - 09:00 BODYPUMP 08:00 - 09:00 SPINNING	Aerobics Room Spinning Room
	18:00 - 19:00 KICKBOXING 18:00 - 19:00 BODYCOMBAT 19:00 - 20:00 ZUMBA 20:00 - 21:00 BODYPUMP	Dojo Aerobics Room Aerobics Room Aerobics Room
TUESDAY DJAMARS	08:00 - 09:00 TOTAL BODY 09:00 - 10:00 BOOTY SHAPE	Aerobics Room Aerobics Room
	18:00 - 19:00 KIDS KICKBOXING 18:00 - 19:00 BODYPUMP 19:00 - 20:00 TOTAL BODY 19:00 - 20:00 JUDO 16+	Dojo Aerobics Room Aerobics Room Dojo
WEDNESDAY DJARASON	08:00 - 09:00 BODYPUMP 09:00 - 10:00 YOGA	Aerobics Room Aerobics Room
	16:00 - 17:00 JUDO 13+ 17:00 - 18:00 KIDS JUDO 4-12 18:00 - 19:00 KICKBOXING 17:00 - 18:00 STEP AEROBICS 18:00 - 19:00 SPINNING 18:00 - 19:00 ZUMBA	Dojo Dojo Dojo Aerobics Room Spinning Room Aerobics Room
THURSDAY DJAWEPS	08:00 - 09:00 STEP AEROBICS 09:00 - 10:00 TRX	Aerobics Room Dojo
	18:00 - 19:00 KIDS KICKBOXING 18:00 - 19:00 BODYCOMBAT 19:00 - 20:00 KICKBOXING 19:00 - 20:00 BOOTY SHAPE 20:00 - 21:00 BODYPUMP	Dojo Aerobics Room Dojo Aerobics Room Aerobics Room
FRIDAY DJABIERNE	08:00 - 09:00 TOTAL BODY 09:00 - 10:00 YOGA 09:00 - 10:00 BODYPUMP	Aerobics Room Dojo Aerobics Room
	18:00 - 19:00 ZUMBA 19:00 - 20:00 TOTAL BODY	Aerobics Room Aerobics Room
SATURDAY DJASABRA	08:00 - 09:00 SPINNING 09:00 - 10:00 ZUMBA 10:00 - 11:00 BODYCOMBAT 10:00 - 11:00 KICKBOXING 11:00 - 12:00 BODYPUMP 11:00 - 12:00 KIDS JUDO 4-12	Spinning Room Aerobics Room Aerobics Room Dojo Aerobics Room Dojo