

# DREAMZ

## FITNESS

### GROUP CLASSES

<b>MONDAY</b> <b>DJALUNA</b>	08:00 - 09:00 BODYPUMP 08:00 - 09:00 SPINNING  18:00 - 19:00 KICKBOXING 18:00 - 19:00 BODYCOMBAT 19:00 - 20:00 ZUMBA 20:00 - 21:00 BODYPUMP	Aerobics Room Spinning Room  Dojo Aerobics Room Aerobics Room Aerobics Room
<b>TUESDAY</b> <b>DJAMARS</b>	08:00 - 09:00 TOTAL BODY  18:00 - 19:00 KIDS KICKBOXING 18:00 - 19:00 BODYPUMP 19:00 - 20:00 TOTAL BODY 19:00 - 20:00 JUDO 16+	Aerobics Room  Dojo Aerobics Room Aerobics Room Dojo
<b>WEDNESDAY</b> <b>DJARASON</b>	08:00 - 09:00 BODYPUMP 09:00 - 10:00 YOGA  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	Aerobics Room Aerobics Room  Dojo Dojo Dojo Aerobics Room Spinning Room Aerobics Room
<b>THURSDAY</b> <b>DJAWEPS</b>	08:00 - 09:00 STEP AEROBICS 09:00 - 10:00 TRX  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	Aerobics Room Dojo  Dojo Aerobics Room Dojo Aerobics Room Aerobics Room
<b>FRIDAY</b> <b>DJABIERNE</b>	08:00 - 09:00 TOTAL BODY 09:00 - 10:00 YOGA 09:00 - 10:00 BODYPUMP  18:00 - 19:00 ZUMBA 19:00 - 20:00 TOTAL BODY	Aerobics Room Dojo Aerobics Room  Aerobics Room Aerobics Room
<b>SATURDAY</b> <b>DJASABRA</b>	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