

DREAMZ FITNESS

Last update: 28 October 2024 [GROUP CLASS SCHEDULE]

<p>MONDAY DJALUNA</p>	<p>08:00 - 09:00 BODYPUMP</p> <p>18:00 - 19:00 BODYCOMBAT 19:00 - 20:00 ZUMBA 20:00 - 21:00 BODYPUMP</p>	<p>AEROBICS ROOM</p> <p>AEROBICS ROOM AEROBICS ROOM AEROBICS ROOM</p>
<p>TUESDAY DJAMARS</p>	<p>08:00 - 09:00 TOTAL BODY</p> <p>17:00 - 18:00 RESERVED 18:00 - 19:00 KIDS KICKBOXING 18:00 - 19:00 BODYPUMP 19:00 - 20:00 TOTAL BODY 20:00 - 21:00 KICKBOXING</p>	<p>AEROBICS ROOM</p> <p>DOJO DOJO AEROBICS ROOM AEROBICS ROOM DOJO</p>
<p>WEDNESDAY DJARASON</p>	<p>08:00 - 09:00 BODYPUMP 09:00 - 10:00 YOGA</p> <p>18:00 - 19:00 KICKBOXING 18:00 - 19:00 SPINNING 18:00 - 19:00 ZUMBA</p>	<p>AEROBICS ROOM AEROBICS ROOM</p> <p>DOJO SPINNING ROOM AEROBICS ROOM</p>
<p>THURSDAY DJAWEPS</p>	<p>08:00 - 09:00 BOOTY SHAPE 08:00 - 09:00 STEP AEROBICS 09:00 - 10:00 TRX</p> <p>17:00 - 18:00 RESERVED 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</p>	<p>DOJO AEROBICS ROOM DOJO</p> <p>DOJO DOJO AEROBICS ROOM DOJO AEROBICS ROOM AEROBICS ROOM</p>
<p>FRIDAY DJABIERNE</p>	<p>08:00 - 09:00 TOTAL BODY 09:00 - 10:00 BODYPUMP</p> <p>18:00 - 19:00 ZUMBA 18:00 - 19:00 SPINNING 19:00 - 20:00 TOTAL BODY</p>	<p>AEROBICS ROOM AEROBICS ROOM</p> <p>AEROBICS ROOM SPINNING ROOM AEROBICS ROOM</p>
<p>SATURDAY DJASABRA</p>	<p>09:00 - 10:00 ZUMBA 10:00 - 11:00 BODYCOMBAT 10:00 - 11:00 KICKBOXING 11:00 - 12:00 BODYPUMP</p>	<p>AEROBICS ROOM AEROBICS ROOM DOJO AEROBICS ROOM</p>