

RECREATION CLASS TIMETABLE

Yoga for Men and Ladies - QR60 for 60min

Zumba for Ladies - QR40 for 60min

Bricklyn Sports Kids Activities - QR50 for 45min



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30		Zumba for Ladies		Zumba for Ladies			
10:00 - 11:00							
14:00 - 15:00	Step Aerobic for Ladies		Step Aerobic for Ladies	Step Aerobic for Ladies	Step Aerobic for Ladies		Step Aerobic for Ladies
15:00 - 16:00	Abs and Toning for Ladies		Abs and Toning for Ladies	Abs and Toning for Ladies	Abs and Toning for Ladies		Abs and Toning for Ladies
16:00 - 17:00							
17:00 - 18:00		Bricklyn Sports Kids Activities			Bricklyn Sports Kids Activities		
18:00 - 19:00	Circuit Training for Ladies		Circuit Training for Ladies	Circuit Training for Ladies	Circuit Training for Ladies		Circuit Training for Ladies
19:00 - 20:00	Zumba for Ladies	Ladies Yoga	Men Yoga Zumba for Ladies	Ladies Yoga	Men Yoga		