



SUNDAY			STUDIO
7.00-7.45	BodyFirm	SINEAD	1
8.00-9.00	The Zone	SINEAD	1
9.00-10.00	Sequence	ZEINA	1
	Reformer L2	MAJA	3
9.30-10.30	Barbell	SINEAD	2
10.00-11.00	Reformer L2	KIRSTY	3
10.15-11.15	STOTT Pilates	MAJA	1
11.15-12.15	BALLET	LANA	1
17.00 -18.00	Reformer L2	ANTONIA	3
18.30 -19.30	Sequence	ZEINA	1
MONDAY			STUDIO
7.00 - 8.00	Reformer L2	ZOE	3
8.00 - 9.00	Barre Sculpt	ZOE	1
9.00 -10.00	Reformer L2	ANTONIA	3
	Reformer L2	ZOE	3
9.00 -10.00	Sequence	ZEINA	1
10.00-11.00	Reformer L2	ANTONIJA	3
10.15-11.15	STOTT Pilates	ZOE	1
18.00-19.00	Reformer L2	MARIA	3
18:30 – 19:30	The Zone	SINEAD	1
TUESDAY			STUDIO
7.00 – 8.00	TRX	SINEAD	2
8.00 – 9.00	Sequence	ZEINA	1
9.00-10.00	Reformer L2	MAJA	3
9.00-10.00	BodyFirm	SINEAD	1
9.15 -10.15	Booty Barre	LAURA	1
10.00 -11.00	Reformer L2	SHEENA	3
10.00 – 11.00	The Zone	SINEAD	1
10.15 – 11.15	STOTT Pilates	MAJA	1
17.00 -18.00	Reformer L2	ANTONIA	3
18.30 -19.30	Sequence	ZEINA	1



Reformer



Cardio



Barre



Fitness



Pilates

WEDNESDAY **STUDIO**

7.00 - 8.00	Reformer L2	KIRSTY	3	
8:00 - 9:00	Sequence	ZEINA	1	
8.00 - 9.00	Reformer L2	ZOE	3	
9.00-10.00	Reformer L2	JANUARY	3	
9.15 -10.15	Barre Sculpt	ZOE	1	
10.15 -11.15	STOTT Pilates	TBC	1	
10.15 -11.15	Reformer L2	ZOE	3	
18.00-19.00	Reformer L2	MARIA	3	
18.30-19.30	BodyFirm	SINEAD	1	
19.30-20.30	BALLET	LANA	1	

THURSDAY **STUDIO**

7.00 - 7.45	The Zone	SINEAD	1	
8.00 -8.45	Kickboxing	SINEAD	2	
9.00 -10.00	The Zone	SINEAD	1	
	Reformer L2	MARIA	3	
10.00 -11.00	Sequence	ZEINA	1	
11.15-12.15	BALLET	LANA	1	

FRIDAY **STUDIO**

9.00 -10.00	Reformer L2	ANTONIA	3	
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SATURDAY **STUDIO**

9.00 -10.00	BodyFirm	SINEAD	1	
10.00 -11.00	Latino Cardio	LIRIS	1	
	Kickboxing	SINEAD	2	
	Reformer L2	MARIA	3	
11.00 -12.00	Legs, Bums & Tums	SINEAD	1	

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