

EXHALE FITNESS STUDIO

FEBRUARY 2012 SCHEDULE

Motorcity



PILATES CLASSES

YOGA CLASSES

BODY TONING & DANCE FITNESS CLASSES

	SATURDAY			SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			
	Pilates	YOGA	BT&DF	Pilates	Yoga	BT&DF	Pilates	Yoga	BT&DF	Pilates	Yoga	BT&DF	Pilates	Yoga	BT&DF	Pilates	Yoga	BT&DF	
				8.30-9.30 PILATES MAT 2 Susanna Studio 1	8.30-9.45 VINYASA YOGA Liz Studio 3		8.30-9.30 PILATES REFORMER 2 Sandra Studio 2	8.30-9.45 IYENGAR YOGA Naseem Studio 3	8.30-9.30 BODY SCULPT Slavica Studio 1	8.30-9.30 PILATES MAT 2 Caroline Studio 1	8.30-9.45 VINYASA YOGA Liz Studio 3		8.30-9.30 PILATES REFORMER 2 Susanna Studio 2	8.30-9.45 IYENGAR YOGA Naseem Studio 3	8.30-9.30 BODY PUMP Slavica Studio 1	8.30-9.30 PILATES REFORMER 2 Ljijana Studio 2	8.30-9.45 YOGA 4 ALL Liz Studio 3		
	9.00-10.00 PILATES REFORMER 1 Dora Studio 2		9.00-10.00 ZUMBA Susana Studio 1	9.30-10.30 PILATES REFORMER 1 Susanna Studio 2	10.00-11.00 GENTLE YOGA Liz Studio 3	9.30-10.30 LEGS,BUMS & TUMS Slavica Studio 1	9.30-10.30 PILATES MAT 2 Sandra Studio 1			9.30-10.30 PILATES REFORMER 1 Caroline Studio 2		9.30-10.30 SLIMDOWN Liris Studio 1	9.30-10.30 PILATES MAT 1 Susanna Studio 1					9.30-10.30 LEGS,BUMS & TUMS Sandra Studio 1	
	10.00-11.00 PILATES MAT All Levels Dora Studio 1	10.00-11.15 VINYASA YOGA Rana Studio 3				11.00-12.00 BODY PUMP Slavica Studio 1	10.30-11.30 PILATES REFORMER 1 Sandra Studio 2	10.30-11.30 PRENATAL YOGA Fran Studio 3	10.30-11.30 ZUMBA Silvi Studio 1	10.30-11.15 PRENATAL PILATES Caroline Studio 2	10.00-11.00 GENTLE YOGA Liz Studio 3	10.30-11.30 LEGS,BUMS & TUMS Michelle Studio 1		10.30-11.30 PRENATAL YOGA Fran Studio 3	10.30-11.30 LATINO CARDIO Liris Studio 1	10.30-11.30 PILATES REFORMER 1 Sandra Studio 2	10.00.11.00 GENTLE YOGA Liz Studio 3	10.30-11.30 ZUMBA Lara Studio 1	
	11.00-12.00 REFORMER INTRODUCTION Dora Studio 2		11.00-12.00 BODY PUMP Silvi Studio 1																

Offer Of The Month: BUY 3 MONTHS EXHALE AND GET 1 WEEK FREE
24hour CANCELLATION POLICY APPLIES

				5.30-6.30 GENTLE YOGA Fran Studio 3							5.30-6.30 PRENATAL YOGA Fran Studio 3								
			6.30-7.30 PILATES MAT 1 Sandra Studio 3		6.30-7.30 ZUMBA Lara Studio 1	6.30-7.30 PILATES REFORMER 1 Dora Studio 2	6.15-7.30 VINYASA YOGA Silvi Studio 3	6.30-7.30 BODY SCULPT Slavica Studio 1	6.30-7.30 PILATES MAT 2 Silvi Studio 3		6.30-7.30 FIT BALL CARDIO Sandra Studio 1	6.30-7.30 PILATES REFORMER 1 Dora Studio 2	6.15-7.30 VINYASA YOGA Studio 3	6.30-7.30 ZUMBA Susanna Studio 1		6.15-7.30 RESTORATIVE YOGA Fran Studio 3	6.30-7.30 BODY SCULPT Slavica Studio 1		
			7.30-8.30 PILATES REFORMER 2 Sandra Studio 2	7.30-8.45 VINYASA YOGA Carol Studio 3	7.30-8.30 BODY PUMP Slavica Studio 1	7.30-8.30 PILATES MAT 1 Dora Studio 3		7.30-8.30 80's CARDIO Dicsy Studio 1	7.30-8.30 PILATES REFORMER 2 Sandra Studio 2	7.30-8.45 VINYASA YOGA Carol Studio 3	7.30-8.30 LEGS,BUMS & TUMS Slavica Studio 1	7.30-8.30 PILATES MAT 1 Dora Studio 3		7.30-8.30 BODY PUMP Slavica Studio 1					
								8.30-9.30 SALSA Dicsy&Diego Studio 1						8.30-9.30 SALSA Dicsy&Diego Studio 1					

For information and booking please call Motorcity Branch: 04 4474220 or JBR Branch 04 4243777. Website: www.exhaledubai.com, Email: info@exhaledubai.com, infomc@exhaledubai.com
Classes are subject to change without prior notice, please ensure you book your classes in advance

* REFORMER INTRODUCTIONS BY BOOKINGS ONLY
Reformer Level 1 = Beginner, Reformer Level 2 = Intermediate

ASK RECEPTION FOR THE NEW TERM SCHEDULE OF CHILDREN ACTIVITIES (Ballet, Kids Theatre Works, Karate and KiddyWinks)