

SCHEDULE

January 1 - 31, 2018

PILATES REFORMER	PILATES MAT	YOGA	PRENATAL	FITNESS	NEW	MIXES
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AM

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
	9:00 - 9:45 HIIT Susanna		8:30 - 9:25 BALLET BARRE Heba	8:30 - 9:25 PILATES REFORMER BEGINT	8:30 - 9:25 PILATES MAT ALL LEVELS	8:30 - 9:25 PILATES REFORMER ALL LEVELS	8:30 - 9:25 LATINO CARDIO	8:30 - 9:25 PILATES REFORMER BEGINT	8:30 - 9:25 PILATES MAT ALL LEVELS	8:30 - 9:25 PILATES REFORMER BEGINT	8:30 - 9:25 YOGA STRETCH	9:00 - 9:55 PILATES REFORMER BEGINT	
9:30 - 10:30 PILATES REFORMER ALL LEVELS Goli	10:00 - 11:15 VINYASA FLOW YOGA Dina		9:00 - 10:00 PILATES MAT ALL LEVELS Heba	9:30 - 10:25 PILATES REFORMER INTERMEDIATE	9:30 - 10:45 YOGA FOR ALL		9:00 - 10:00 PILATES MAT ALL LEVELS Dana	9:30 - 10:25 PILATES REFORMER ALL LEVELS	9:30 - 10:45 YOGA FOR ALL		9:00 - 10:00 PILATES MAT ALL LEVELS Alpa	10:00 - 10:55 PILATES REFORMER INTERMEDIATE	10:00 - 11:15 HATHA FLOW YOGA Alpa
	11:20 - 12:20 PRENATAL YOGA Dina	9:30 - 10:25 PILATES REFORMER BEGINT	9:30 - 10:45 YOGA FOR ALL	10:30 - 11:15 PILATES REFORMER BEGINT		9:30 - 10:25 PILATES REFORMER BEGINT	9:30 - 10:45 HATHA YOGA			9:30 - 10:25 PILATES REFORMER INTERMEDIATE	9:30 - 10:25 SLIMDOWN		
			10:50 - 11:45 NEUROPILATES Heba				11:00-12:00 PRENATAL YOGA Jo						

PM

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
		6:30 - 7:25 PILATES REFORMER ALL LEVELS Maryliz	6:00 - 6:55 SLIMDOWN Liris		6:30 - 7:15 HIIT Sarah	6:30 - 7:25 PILATES REFORMER BEG/INT	6:30 - 7:25 LATINO CARDIO	5:45 - 6:30 PILATES REFORMER BEG/INT	6:30 - 7:30 PILATES MAT ALL LEVELS				
			6:30 - 7:30 PILATES MAT ALL LEVELS Heba	7:30 - 8:25 PILATES REFORMER BEG/INT	7:30 - 8:30 POWER YOGA		6:30 - 7:30 PILATES MAT ALL LEVELS	6:30 - 7:25 PILATES REFORMER ALL LEVELS	6:30 - 7:25 PILATES MAT ALL LEVELS				
		7:30 - 8:25 PILATES REFORMER INTERMEDIATE	7:00 - 7:55 HATHA YOGA				7:30 - 8:45 VINYASA YOGA	7:30 - 8:25 PILATES REFORMER BEGINT	7:30 - 8:45 YOGA FOR ALL				
		Maryliz	Chandnee				Alexandra	Goli	Karina				

* Starting on 1st of January, 2018 all sales receipt will be applicable to a 5% tax in compliance with The UAE law.

* Classes and instructors may change due to uncontrollable reasons so NO REFUNDS or EXTENSIONS will be done on any pre-purchased packages and memberships due to a schedule change.

* Prenatalclasses are open for pregnancies over 13 weeks and above. Admission below 13 weeks must be approved by a physician.

* The studio adopts a 24-hour cancellation policy for all classes, private sessions, and workshops. This is applicable to members, package holders, and drop-ins.

* Packages and memberships are offered at a discounted rate to allow you to get the best value for money and enjoy a variety of class options.

* Exhale JBR runs an average of 60 classes per week to allow you the freedom to choose from a wide selection of classes and timings.

* Exhale also offers Zero Barrier to club membership so you can enjoy a pay as you go option without a start-up fee in case you don't wish to commit to a package upfront.