



# MAY 2019 CLASS SCHEDULE

## AL KHOUD MIXED 24273531

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30 PM - 6:00 PM		V6	V6	V6	V6	V6
9:30 PM - 10:00 PM		V8	V10	V6	V10	V12
10:00 PM - 10:30 PM		V8	V12	V10	V12	V6

## AL HAIL LADIES 24434048

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30 PM - 9:00 PM		V8	V12	V12	V8	
9:30 PM - 10:00 PM		V12	V8	V6	V12	

## AL ATHAIBA LADIES 24498138

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30 PM - 9:00 PM		V8	V8	HIIT	V12	V12
9:30 PM - 10:00 PM			V12		V8	

## MADINAT SULTAN QABOOS (MSQ) MIXED 24600232

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:00 PM - 5:30 PM		V8	V12	V6	V8	
9:30 PM - 10:00 PM		LES MILLS GRIT	LES MILLS GRIT	LES MILLS GRIT	LES MILLS GRIT	

## AL AZAIBA MIXED 24617024 / 24617025

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
08:00 AM - 09:00 AM		W16		LES MILLS GRIT		V12
5:30 PM - 6:00 PM	ER		ABS	ER		HIIT-CORE
7:00 PM - 8:00 PM		W16	V12	LES MILLS GRIT	HIIT-CORE	ER
8:15 PM - 9:15 PM		HIIT-CORE	LES MILLS GRIT	W16	LES MILLS GRIT	ER
9:30 PM - 10:30 PM	LES MILLS GRIT	W16	V12	LES MILLS GRIT	HIIT-CORE	ER

## OUQAD SALALAH MEN 23290692

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30 PM - 6:00 PM		V6	V12	V8	V6	V12
8:00 PM - 8:30 PM		CORE		CORE		CORE
8:00 PM - 8:30 PM		V12	V8	V6	V12	V8

## AL HAIL SOUTH MIXED 24273902

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00 PM - 8:30 PM		V8	V8	V8	V8	V8
9:00 PM - 9:30 PM		V8	V8	V8	V8	V8

ACCOMPLISH THE IMPOSSIBLE TAKE THE CHALLENGE