

BODYISM

SAADIYAT

JANUARY SCHEDULE

	Sunday, 29.12.2019	Monday, 30.12.2019	Tuesday 31.12.2019	Wednesday, 01.01.2019	Thursday, 02.01.2019	Friday, 03.01.2019	Saturday, 04.01.2019
Morning	<p>BODYISM SIGNATURE EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM WARRIOR Jordan 8.00 – 9.00</p> <p>BODYISM PILATES Tisha 10.30 – 11.30</p>	<p>B-FREE YOGA Sarah Jane 6.45 – 7.45</p> <p>B-STRONG YOGA Sarah Jane 8.00 – 9.00</p> <p>BODYISM BURN Jordan 10.30 – 11.30</p>	<p>BODYISM WARRIOR EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM BURN Jordan 8.00 – 9.00</p> <p>B-STRONG YOGA Sarah Jane 10.30 – 11.30</p>	<p>BODYISM BEACH Jordan 8.00 – 9.00</p> <p>BODYISM BOXING* Jordan 10.30 – 11.30</p>	<p>BODYISM PILATES Tisha 6.45 – 7.45</p> <p>BODYISM PILATES Tisha 8.00 – 9.00</p> <p>BODYISM WARRIOR* Jordan 10.30 – 11.30</p>	<p>(All Beach classes met at the lawn by Kids Club)</p> <p>BEACH YOGA Sarah Jane 8.00 – 9.00</p> <p>BODYISM PILATES* (LADIES) Tisha 10.30 – 11.30</p>	<p>COMMUNITY* BODYISM BEACH RUN (Open to Public) Craig 8.00 – 9.00</p> <p>B-STRONG YOGA* Craig 10.30 – 11.30</p>
Afternoon	<p>BEACH PILATES Tisha 16.00 – 17.00</p>	<p>KIDS BODYISM 11yr – 15yr Craig 15.30 – 16.00</p>	<p>B-CALM YOGA Sarah Jane 13.00 – 14.00</p>	<p>BODYISM PILATES* Tisha 13.00 – 14.00</p>	<p>BODYISM WARRIOR* Craig 13.00 – 14.00</p>	<p>BODYISM WARRIOR* Craig 13.00 – 14.00</p>	<p>BODYISM SCULPT * Sarah Jane 13.00 – 14.00</p>
Evening	<p>B-CALM YOGA Sarah Jane 18.30 – 19.30</p>	<p>BODYISM BOXING Jordan 18.30 – 19.30</p>		<p>SUNSET PILATES Tisha 17.00 – 18.00</p>	<p>SUNSET SIGNATURE Jordan 17.00 – 18.00</p>	<p>SUNSET PILATES Tisha 17.00 – 18.00</p>	<p>SUNSET YOGA Sarah Jane 17.00 – 18.00</p>

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JANUARY SCHEDULE

	Sunday, 05.01.2020	Monday, 06.01.2020	Tuesday 07.01.2020	Wednesday, 08.01.2020	Thursday, 09.01.2020	Friday, 10.01.2020	Saturday, 11.01.2020
Morning	<p>BODYISM WARRIOR EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM WARRIOR Jordan 8.00 – 9.00</p> <p>BODYISM PILATES* (LADIES) Tisha 10.30 – 11.30</p>	<p>B-FREE YOGA Sarah Jane 6.45 – 7.45</p> <p>B-STRONG YOGA Sarah Jane 8.00 – 9.00</p> <p>BODYISM BURN* Craig 10.30 – 11.30</p>	<p>BODYISM BURN EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM BURN Craig 8.00 – 9.00</p> <p>B-FREE YOGA* (LADIES) Sarah Jane 10.30– 11.30</p>	<p>BODYISM SIGNATURE EXPRESS Craig 6.45 – 7.30</p> <p>BODYISM PILATES Tisha 8.00 – 9.00</p> <p>BODYISM BOXING* Jordan 10.30– 11.30</p>	<p>BODYISM BOXING EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM BOXING Jordan 8.00 – 9.00</p>	<p>(All Beach classes met at the lawn by Kids Club)</p> <p>BODYISM BEACH Craig 8.00 – 9.00</p> <p>BODYISM PILATES* (LADIES) Tisha 10.30 – 11.30</p>	<p>COMMUNITY* BODYISM BEACH (Bring your Friends) Craig 8.00 – 9.00</p> <p>B-STRONG YOGA* Craig 10.30 – 11.30</p>
Afternoon	<p>BEACH PILATES* Tisha 16.00 -17.00</p>		<p>TEEN BOXING* 11yr – 15yr 16.45 – 17.30</p>	<p>BODYISM WARRIOR* Jordan 16.00 – 17.00</p>	<p>BODYISM PILATES* (LADIES) Tisha 16.00 -17.00</p>		<p>BODYISM SCULPT * Sarah Jane 13.00 – 14.00</p>
Evening	<p>BODYISM SIGNATURE Sarah Jane 18.30 – 19.30</p> <p>B-CALM YOGA Sarah Jane 19.30 – 20.30</p>	<p>BODYISM BOXING Jordan 19.00 – 20.00</p>	<p>B-FREE YOGA Sarah Jane 18.30 – 19.30</p> <p>BODYISM PILATES Tisha 19.30 – 20.30</p>	<p>BODYISM BURN Jordan 19.00 – 20.00</p>	<p>BODYISM PILATES Tisha 19.00 – 20.00</p>	<p>SUNSET PILATES Tisha 16.30 – 17.30</p>	<p>NEW YEAR FULL MOON YOGA Sarah Jane 18.30 – 20.00 Paid Class or Complimentary for members. Call for more details.</p>

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	Sunday, 12.01.2020	Monday, 13.01.2020	Tuesday 14.01.2020	Wednesday, 15.01.2020	Thursday, 16.01.2020	Friday, 17.01.2020	Saturday, 18.01.2020
Morning	<p>BODYISM WARRIOR EXPRESS Freedom 6.45 – 7.30</p> <p>BODYISM WARRIOR Jordan 8.00 – 9.00</p> <p>BODYISM PILATES* (LADIES) Tisha 10.30 – 11.30</p>	<p>B-FREE YOGA Sarah Jane 6.45 – 7.45</p> <p>B-STRONG YOGA Sarah Jane 8.00 – 9.00</p> <p>BODYISM BURN* Craig 10.30 – 11.30</p>	<p>BODYISM BURN EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM BURN Craig 8.00 – 9.00</p> <p>B-FREE YOGA* (LADIES) Sarah Jane 10.30 – 11.30</p>	<p>BODYISM SIGNATURE EXPRESS Craig 6.45 – 7.30</p> <p>BODYISM PILATES Tisha 8.00 – 9.00</p> <p>BODYISM BOXING* Jordan 10.30 – 11.30</p>	<p>BODYISM BOXING EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM BOXING Jordan 8.00 – 9.00</p> <p>BODYISM WARRIOR* Freedom 10.30 – 11.30</p>	<p>(All Beach classes met at the lawn by Kids Club)</p> <p>BODYISM BEACH Freedom 8.00 – 9.00</p> <p>BODYISM PILATES* (LADIES) Tisha 10.30 – 11.30</p>	<p>NEW YEAR INTENTION EVENT</p> <p>Lead by your BODYISM TEAM</p> <p>8.30 – 10.30</p>
Afternoon	<p>BEACH PILATES* Tisha 16.00 -17.00</p>		<p>TEEN YOGA* 11yr – 15yr 16.45 – 17.30</p>	<p>BODYISM WARRIOR* Freedom 16.00 – 17.00</p>	<p>BODYISM PILATES* (LADIES) Tisha 16.00 -17.00</p>	<p>BODYISM SIGNATURE* Freedom 13.00 – 14.00</p>	<p>BODYISM SCULPT* Sarah Jane 13.00 – 14.00</p>
Evening	<p>BODYISM SIGNATURE Sarah Jane 18.30 – 19.30</p> <p>B-CALM YOGA Sarah Jane 19.30 – 20.30</p>	<p>BODYISM BOXING Jordan 19.00 – 20.00</p>	<p>B-FREE YOGA Sarah Jane 18.30 – 19.30</p> <p>BODYISM PILATES Tisha 19.30 – 20.30</p>	<p>BODYISM BURN Jordan 19.00 – 20.00</p>	<p>BODYISM WARRIOR Freedom 19.00 – 20.00</p>	<p>SUNSET PILATES Tisha 16.30 – 17.30</p>	

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JANUARY SCHEDULE

	Sunday, 19.01.2020	Monday, 20.01.2020	Tuesday 21.01.2020	Wednesday, 22.01.2020	Thursday, 23.01.2020	Friday, 24.01.2020	Saturday, 25.01.2020
Morning	<p>BODYISM WARRIOR EXPRESS Craig 6.45 – 7.30</p> <p>BODYISM WARRIOR Jordan 8.00 – 9.00</p> <p>BODYISM PILATES* (LADIES) Tisha 10.30 – 11.30</p>	<p>B-FREE YOGA Craig 6.45 – 7.45</p> <p>B-STRONG YOGA Craig 8.00 – 9.00</p> <p>BODYISM BURN* Jordan 10.30 – 11.30</p>	<p>BODYISM BURN EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM BURN Craig 8.00 – 9.00</p> <p>B-FREE YOGA* (LADIES) Sarah Jane 10.30 – 11.30</p>	<p>BODYISM SIGNATURE EXPRESS Sarah Jane 6.45 – 7.30</p> <p>BODYISM PILATES Tisha 8.00 – 9.00</p> <p>BODYISM BOXING* Jordan 10.30 – 11.30</p>	<p>B-FREE YOGA Craig 6.45 – 7.45</p> <p>BODYISM SIGNATURE Craig 8.00 – 9.00</p> <p>BODYISM WARRIOR* Freedom 10.30 – 11.30</p>	<p>(All Beach classes met at the lawn by Kids Club)</p> <p>BODYISM BEACH Freedom 8.00 – 9.00</p> <p>BODYISM PILATES* (LADIES) Tisha 10.30 – 11.30</p>	<p>COMMUNITY* BODYISM BEACH (Bring your Friends) Jordan 8.00 – 9.00</p> <p>BODYISM BOXING* Jordan 10.30 – 11.30</p>
Afternoon	<p>BEACH PILATES* Tisha 16.00 -17.00</p>		<p>TEEN BOXING* 11yr – 15yr 16.45 – 17.30</p>	<p>BODYISM WARRIOR* Freedom 16.00 – 17.00</p>	<p>BODYISM PILATES* (LADIES) Tisha 16.00 -17.00</p>	<p>BODYISM SIGNATURE* Freedom 13.00 – 14.00</p>	<p>BODYISM WARRIOR* Freedom 13.00 – 14.00</p>
Evening	<p>BODYISM SIGNATURE Freedom 18.30 – 19.30</p> <p>B-CALM YOGA Sarah Jane 19.30 – 20.30</p>	<p>BODYISM BOXING Jordan 19.00 – 20.00</p>	<p>B-FREE YOGA Sarah Jane 18.30 – 19.30</p> <p>BODYISM PILATES Tisha 19.30 – 20.30</p>	<p>BODYISM BURN Jordan 19.00 – 20.00</p>	<p>BODYISM WARRIOR Freedom 19.00 – 20.00</p>	<p>SUNSET PILATES Tisha 16.30 – 17.30</p>	<p>BEACH BODYISM Freedom 16.30 – 17.30</p>

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SAADIYAT

JANUARY SCHEDULE

	Sunday, 26.01.2020	Monday, 27.01.2020	Tuesday 28.01.2020	Wednesday, 29.01.2020	Thursday, 30.01.2020	Friday, 31.01.2020	Saturday, 1.02.2020	
Morning	<p>BODYISM WARRIOR EXPRESS Freedom 6.45 – 7.30</p> <p>BODYISM WARRIOR Jordan 8.00 – 9.00</p> <p>BODYISM PILATES* (LADIES) Tisha 10.30 – 11.30</p>	<p>B-FREE YOGA Sarah Jane 6.45 – 7.45</p> <p>B-STRONG YOGA Sarah Jane 8.00 – 9.00</p> <p>BODYISM BURN* Craig 10.30 – 11.30</p>	<p>BODYISM BURN EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM BURN Craig 8.00 – 9.00</p> <p>B-FREE YOGA* (LADIES) Sarah Jane 10.30 – 11.30</p>	<p>BODYISM SIGNATURE EXPRESS Sarah Jane 6.45 – 7.30</p> <p>BODYISM PILATES Tisha 8.00 – 9.00</p> <p>BODYISM BOXING* Jordan 10.30 – 11.30</p>	<p>BODYISM BOXING EXPRESS Jordan 6.45 – 7.30</p> <p>BODYISM BOXING Jordan 8.00 – 9.00</p> <p>BODYISM WARRIOR* Freedom 10.30 – 11.30</p>			<p>COMMUNITY* BODYISM BEACH (Bring your Friends) Craig 8.00 – 9.00</p> <p>B-STRONG YOGA* Craig 10.30 – 11.30</p>
Afternoon	<p>BEACH PILATES* Tisha 16.00 -17.00</p>		<p>TEEN YOGA* 11yr – 15yr 16.45 – 17.30</p>	<p>BODYISM WARRIOR* Freedom 16.00 – 17.00</p>	<p>BODYISM PILATES* (LADIES) Tisha 16.00 -17.00</p>	<p>BODYISM SIGNATURE* Freedom 13.00 – 14.00</p>	<p>BODYISM SCULPT* Sarah Jane 13.00 – 14.00</p>	
Evening	<p>BODYISM SIGNATURE Sarah Jane 18.30 – 19.30</p> <p>B-CALM YOGA Sarah Jane 19.30 – 20.30</p>	<p>BODYISM BOXING Jordan 19.00 – 20.00</p>	<p>B-FREE YOGA Sarah Jane 18.30 – 19.30</p> <p>BODYISM PILATES Tisha 19.30 – 20.30</p>	<p>BODYISM BURN Jordan 19.00 – 20.00</p>	<p>BODYISM WARRIOR Freedom 19.00 – 20.00</p>	<p>SUNSET PILATES Tisha 16.30 – 17.30</p>	<p>SUNSET YOGA Sarah Jane 16.30 – 17.30</p>	

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