

# AWAKEN

FITNESS

7:30 am

8:00 am

11:00 am

1:00 pm

5:00 pm

|           |  |  |   |  |  |
|-----------|--|--|---|--|--|
| Monday    |  | <b>FUNCTIONAL TRAINING</b><br>AED 160<br>Fitness Centre                  |   | <b>FAMILY FITNESS</b><br>AED 160<br>Fitness Centre |  |
| Tuesday   |  |  | <b>POWER LEGS &amp; ABS</b><br>Fitness Centre |  | <b>KETTLEBELL RESISTANCE</b><br>AED160<br>Fitness Centre |
| Wednesday | <b>FUNCTIONAL TRAINING</b><br>AED 160<br>Fitness Centre              | <b>UNDERWATER SOUND HEALING</b><br>AED 175<br>The Lost Chambers Aquarium |   | <b>FAMILY FITNESS</b><br>AED 160<br>Fitness Centre |  |
| Thursday  | <b>SQUATS, SQUATS &amp; MORE SQUATS</b><br>AED 160<br>Fitness Centre |  | <b>GLUTES &amp; ABS</b><br>Fitness Centre     |  | <b>BODY UP</b><br>Fitness Centre                         |
| Friday    |  | <b>HIIT</b><br>Fitness Centre  |   | <b>FAMILY FITNESS</b><br>AED 160<br>Fitness Centre |  |
| Saturday  |  | <b>UNDERWATER YOGA</b><br>AED 175<br>The Lost Chambers Aquarium          |   |  | <b>POWER STRETCH</b><br>Fitness Centre                   |
| Sunday    |  | <b>UNDERWATER YOGA</b><br>AED 175<br>The Lost Chambers Aquarium          |   |  | <b>CORE WORKOUT</b><br>Fitness Centre                    |