


Men's Gym Program

March 2017

Training Area		06:00 AM	07:00 AM	08:00 AM	09:00 AM	10:00 AM	11:00 AM	12:00 PM	01:00 PM	02:00 PM	03:00 PM	04:00 PM	05:00 PM	06:00 PM	07:00 PM	08:00 PM	09:00 PM
Sunday	MF Gym Area	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym
	Gym Area												IBA - Men				
Monday	MF Gym Area	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym
	Gym Area												IBA - Men				
Tuesday	MF Gym Area	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym
	Gym Area												IBA - Men				
Wednesday	MF Gym Area	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym
	Gym Area												IBA - Men				
Thursday	MF Gym Area	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym
	Gym Area												IBA - Men				
Saturday	MF Gym Area	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym	Men's Gym
	Gym Area												IBA - Men				

Note:

- * Classes and times are subject to change and availability.
- * During Ramadan, public holidays, summer months or other events occurring within Aspire Zone there may be an altered or suspended timetable.
- * The instructor may cancel a class or direct attendees to another class if the number of participants is insufficient.
- * ASPIRE ACTIVE Program and Timetables available at www.aspire.qa/active.  Like Us on Facebook at <https://www.facebook.com/AspireActive>

MEN'S GYM PROGRAM - CLASS DESCRIPTION	
IBA - Men	The Inbody analysis test provides a comprehensive view of body composition balance. You will get to know your body water, proteins, minerals and body fat which provides you with basic information required for assessing the health status of your body.
MEN'S GYM	The AA gym is equipped with state-of-the-art weight and cardio machines and a wide selection of free weights. Members can use the gym at their own leisure time, providing they have a prior knowledge of gym training. To ensure all gym members from the beginners to advanced are cared for, all gym sessions are supervised by the supervising member of staff to offer assistance and ensure that correct and safe exercise techniques are performed.

