


Pre and Post Natal Gym Program

01-25 May 2017

	Training Area	09:00 AM	10:00 AM	04:00 PM	05:00 PM
Sunday	Gym		Gym	Gym	
Monday	Gym		Gym		Gym
Tuesday	Gym	Gym			Gym
Wednesday	Gym	Gym			Gym
Thursday	Gym		Gym		Gym
Saturday	Gym		Gym		

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.  Us on Facebook at <https://www.facebook.com/AspireActive>

PRE AND POST NATAL GYM PROGRAM - CLASS DESCRIPTION

GYM	Gym workouts are one of the best ways to turn healthy and fit. Make use of our gym, workout on special weight machines supplementary with complimentary exercise and improve your cardiovascular endurance and the strength of major muscle groups.
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