


Women's Gym Program

March 2017

	Training Area	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
Sunday	Gym Area			IBA - Women								IBA - Women		
	Gym	Gym	Gym	Gym	Gym				Gym	Gym	Gym	Gym	Gym	Gym
Monday	Gym Area										IBA - Women			
	Gym	Gym	Gym	Gym	Gym				Gym	Gym	Gym	Gym	Gym	Gym
Tuesday	Gym Area			IBA - Women							IBA - Women			
	Gym	Gym	Gym	Gym	Gym				Gym	Gym	Gym	Gym	Gym	Gym
Wednesday	Gym Area										IBA - Women			
	Gym	Gym	Gym	Gym	Gym				Gym	Gym	Gym	Gym	Gym	Gym
Thursday	Gym Area									IBA - Women				
	Gym	Gym	Gym	Gym	Gym				Gym	Gym	Gym	Gym	Gym	Gym
Saturday	Gym Area				IBA - Women						IBA - Women			
	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Gym	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>

WOMEN'S GYM PROGRAM- CLASSES DESCRIPTIONS

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.
IBA - WOMEN	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.