


# Women's Gym Program

## 01-25 May 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 |          |             |          |          |          |
|           | 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           | 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 |          |          |             |          |             |          |          |          |
|           | 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](http://www.aspire.qa/active).  Us on Facebook at <https://www.facebook.com/AspireActive>

### WOMEN'S GYM PROGRAM- CLASSES DESCRIPTIONS

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| <b>GYM</b>         | 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.        |
| <b>IBA - WOMEN</b> | 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. |