



| IGNITE GROUP EX CLASSES | | | | | | | |
|-------------------------|--|--|--|--|--|--------|----------|
| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| AM | | | | | | | |
| | GIRLS ONLY PALM RUNNING TRACK 8:30 - 9:30 AM - COMING SOON | | GIRLS ONLY PALM RUNNING TRACK 8:30 - 9:30 AM - COMING SOON | | GIRLS ONLY PALM RUNNING TRACK 8:30 - 9:30 AM - COMING SOON | | |
| PM | | | | | CIRCUITS (Outdoors) THE SPRINGS 15, Street 4 6:30 - 7:30 PM | | |
| | CIRCUITS (Outdoors) THE SPRINGS 15, Street 4 7:15 - 8:15 PM | BOX-FIT PALM RUNNING TRACK 7:30 - 8:30 AM | CIRCUITS (Outdoors) THE SPRINGS 15, Street 4 7:15 - 8:15 PM | BOX-FIT PALM RUNNING TRACK 7:30 - 8:30 AM | | | |

For more information -

Call +971 (0)4 456 2482

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