

INSPIRE SPORTS MANAGEMENT
 September 2014
ADULT LADIES FITNESS SCHEDULE



HILTONIA (STUDIOS 1 & 2) MORNING CLASSES

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
8:30		Zumba Hania	RPM Mindy	Zumba Cecillia	RPM Mindy		
9:30		BODYCOMBAT Mindy		TRX Reem			
10:00	Zumba Cecillia		Tabata Mindy		Tabata Mindy		
10:30		Pilates Taghrid		Yoga Mindy			
11:00	BODYPUMP Penny		Zumba Hania		Zumba Hania		

*AL BATEEN SECONDARY SCHOOL
 EVENING CLASSES*

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
10:00							Zumba Tammy
11:00							Tabata Rola
11:00							Aqua Aerobics Thuraya
5:30		Zumba Hania					
6:00				Zumba Hania		Step and Tone Mindy	BODYCOMBAT Mindy
6:30		BODYATTACK Reem	GRITStrength Rola		Zumba Hania		
7:00	BODYSTEP Reem	Aqua Aerobics Thuraya	BODYCOMBAT Reem	Tabata Reem		BODYPUMP Mindy	Yoga Mindy
7:00				Aqua Aerobics Thuraya			
7:30		BODYPUMP Mindy			Core & Stretch Mindy		
8:00	Core Strength Reem						
8:30	Zumba Tammy	Yoga Mindy	Zumba Tammy	Yoga Mindy			

Contact us for Group and Private Swimming and Tennis Lessons
 reachus@inspiresports.ae 0501575508/40/60 www.inspiresports.ae

INSPIRE SPORTS MANAGEMENT

September 2014

KIDS ACTIVITIES SCHEDULE



AL BATEEN SECONDARY SCHOOL

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
12:00							Hip Hop (9 yrs+) team 2 Hania (12 to 2:00)
2:00							Hip Hop beginners 4 to 6 years Hania 2 to 3:30
4:00	Ballet Beginners 1 Renata	Hip Hop 6 to 8 years Hania	Ballet Beginners 1 Renata	Hip Hop 6 to 8 years Hania	Ballet Advanced Renata		
4:30							
4:45	Ballet PREP Renata	Hip Hop (9 yrs+) team 1 Hania	Ballet PREP Renata	Hip Hop (9 yrs+) team 1 Hania			
5:00	Karate Kids white & yellow belt (5 - 5:55) Elitza		Karate Kids white & yellow belt (5 - 5:55) Elitza		Football (4 - 7 yrs) Noha Astro Turf		Football (4 - 7 yrs) Noha Astro Turf
5:00					Football Foundation Colin sports hall		
5:30	Ballet Intermediate Renata		Ballet Intermediate Renata				
6:00	Karate Kids orange & green belt (6 - 6:55) Elitza		Karate Kids orange & green belt (6 - 6:55) Elitza				
6:00		Football (4-7 yrs) Noha Sports Hall			Football (8+ yrs) Noha Astro Turf		Football (8+ yrs) Noha Astro Turf
6:00					Football team Colin Sports Hall	Football Girls teens Colin	
7:00		Football (8+ yrs) Noha Sports Hall			Football (11 + yrs) Noha Astro Turf	Football U-18 boys Colin	Football (11 + yrs) Noha Astro Turf
7:00					Football performance Colin Sports Hall		
8:00						Football Squad Colin	
9:00						Football Squad Colin	

Contact us for Group and Private Swimming and Tennis Lessons

0501575508/40 60 reachus@inspiresports.ae www.inspiresports.ae