




GU-Qatar Fitness Class Schedule September 2019

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
MIDDAY		BOOT CAMP 12.50 - 1.35pm		YOGA 12.15-1.15pm				YOGA 12.15-1.15pm		
	GU-Q Gym		Performing Arts Studio				Performing Arts Studio			
AFTER-NOON		KIDS' KARATE 5 - 6pm				SPIN 5 - 5.45pm				KARATE 5 - 6pm
	Performing Arts Studio				Performing Arts Studio Max. 15 participants				Performing Arts Studio	

Classes start September 8, 2019