

CLASS SCHEDULE

GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30 AM	MAINLINE	MAINLINE	MAINLINE	MAINLINE	MAINLINE	-	-
6.30 AM	MAINLINE	MAINLINE	MAINLINE	MAINLINE	MAINLINE	-	-
6.30 AM	-	-	-	ENDURANCE STRENGTH	-	-	-
7.30 AM	MAINLINE	MAINLINE	MAINLINE	MAINLINE	MAINLINE	-	-
8.00 AM	-	-	-	-	-	SATURDAY SESSION	SUNDAY SWEAT
8.30 AM	MAINLINE	MAINLINE	MAINLINE	MAINLINE	MAINLINE	-	-
8.30 AM	-	BOOTCAMP	-	BOOTCAMP	-	-	-
9.00 AM	-	-	-	-	-	SATURDAY SESSION	SUNDAY SWEAT
9.30 AM	MAINLINE	MAINLINE	MAINLINE	MAINLINE	MAINLINE	-	-
10.00 AM	-	-	-	-	-	GYMNASTICS	-
11.00 AM	-	-	-	-	-	-	ENDURANCE STRENGTH
12 NOON	-	COACHES CARNAGE	-	COACHES CARNAGE	-	-	-
1.30 PM	-	-	-	-	MAINLINE	-	-
5.00 PM	MAINLINE	MAINLINE	MAINLINE	MAINLINE	MAINLINE	-	-
6.00 PM	MAINLINE	MAINLINE	MAINLINE	MAINLINE	MAINLINE	-	-
7.00 PM	PURE STRENGTH	WEIGHTLIFTING	PURE STRENGTH	GYMNASTICS	-	-	-

OPEN GYM

MON - FRI: 9.30 AM - 3.30 PM
SAT: 7 AM - 1 PM
SUN - N/A

BOOK THROUGH MINDBODY

+971 56 116 9795 @ f t y u in

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YOUTH CLASS SCHEDULE



GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
8.00 AM	-	-	-	-	KIDS (5-7 YRS)
9.00 AM	-	-	-	-	KIDS (8-10 YRS)
10.00AM	-	-	-	-	PRE-TEENS
11.00 AM	-	-	-	-	TEENS & TEENS+
4.30 PM	PRE-TEENS	PRE-TEENS	PRE-TEENS	PRE-TEENS	-
5.30 PM	TEENS	TEENS	TEENS (GIRLS ONLY)	TEENS	-
6.30 PM	TEENS+	TEENS+	TEENS+	TEENS+	-



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ENDURANCE SCHEDULE

	COMMUNITY WEEKLY	VENUE	TIME
MON	MONDAY RIDE	THE LOOP, MEYDAN	5.59 AM
TUE	TRACK TUESDAY	ISD STADIUM, SPORTS CITY	5.59 AM/PM
WED	WEDNESDAY RIDE	BOTS, AL QUDRA	5.59 AM
THU	ENDURANCE STRENGTH*	INNERFIGHT, STUDIO CITY	6.29 AM
FRI	COFFEE RUN	KITE BEACH	5.59 AM
SAT	GROUP RIDE	BOTS, AL QUDRA	5.59 AM
SUN	ENDURANCE STRENGTH*	INNERFIGHT, STUDIO CITY	10.59 AM

Email: if_endurance@innerfight.com

LADIES RUN CLUB SCHEDULE

	COMMUNITY WEEKLY	VENUE	TIME
MON	LRC RUN + STRENGTH	INNERFIGHT, STUDIO CITY	5.59 AM / PM
TUE	TRACK TUESDAY	ISD STADIUM, SPORTS CITY	5.59 AM/PM
WED	LRC RUN	INNERFIGHT, STUDIO CITY	5.59 AM / PM
THU	--	--	--
FRI	COFFEE RUN	KITE BEACH	5.59 AM
SAT	--	--	--
SUN	MONTHLY LONG RUN	TO BE ANNOUNCED	TBA

Email: sh@innerfight.com

*Chargeable session | Please check IG for weekly updated schedule