



Class Time Table July 2010



Join us in encouraging **RJ Sheena** to get fit with **Hayya!** Classes this month. To check out Sheena's workout schedule log onto www.hayya.com

SATURDAY						
TIME	CLASS	VENUE	WHERE	INSTRUCTOR	TIME	MEMBER Non-Member
8:45AM	Zumba	Lakes	Studio	Saskia	60 min	35/45
10:00 AM	Body Pump	Lakes	Studio	Clare	60min	30/40
11:15 AM	Toddlers Ballet (3-5yrs)	Lakes	Studio	Cello Music	45min	60/65
12:00 PM	Juniors Ballet (6-9yrs)	Lakes	Studio	Cello Music	45min	60/65
12:45 PM	Musical Theater (6-10yrs)	Lakes	Studio	Cello Music	45min	60/65
1:30 PM	Hip Hop (5-9yrs)	Lakes	Studio	Cello Music	45min	60/65
4:45 PM	Body Pump	Lakes	Studio	Deanne	60min	30/40
6:00 PM	Karate Children (3 1/2 - 14 yrs)	Lakes	Studio	Renjith	60min	25/30

8:45 AM	RPM	Meadows	Cycling Studio	Deanne/Catherine	45 mins	30/40
9:00 AM	Yoga - Adult	Meadows	Aerobics Studio	Renjith	60 mins	40/45
9:00AM	Aqua Wogglng	Meadows	Pool	Jacky	45 mins	30/40
9:40AM	Aqua Circuit	Meadows	Pool	Jacky	45 mins	30/40
11:00AM	GFM Karate-Children	Meadows	Function Room 1	Renjith	60 mins	25/30
4:30PM	Kids Karate	Al Manzil - Oldtown	Studio	Shaji	60 mins.	25/30
5:30PM	Kids Karate	Al Manzil - Oldtown	Studio	Shaji	60 mins.	25/30
6:30PM	Power Yoga	Al Manzil - Oldtown	Studio	Shaji	60 mins.	40/45
7:30PM	Hatha Yoga	Al Manzil - Oldtown	Studio	Shaji	60 mins.	40/45
8:30PM	Karate & Kung Fu	Al Manzil - Oldtown	Studio	Shaji	60 mins.	30/40

SUNDAY						
TIME	CLASS	VENUE	WHERE	INSTRUCTOR	TIME	MEMBER Non-Member
8:45 AM	Legs, Bums & Tums (LBT)	Lakes	Studio	Belinda	60min	30/40
6:00 PM	Legs, Bums & Tums (LBT)	Lakes	Studio	Belinda	60min	30/40
7:15 PM	Body Pump	Lakes	Studio	Belinda	60min	30/40

WEDNESDAY						
TIME	CLASS	VENUE	WHERE	INSTRUCTOR	TIME	MEMBER Non-Member
7:15 AM	Body Pump	Lakes	Studio	Debby	60min	30/40
8:30 AM	Body Pump	Lakes	Studio	Belinda	60min	30/40
10:00AM	Buggy Fit	Lakes	Studio	Catherine	60min	40/50
5:00 PM	Karate Children (3 1/2 to 9 yrs)	Lakes	Studio	Shaji	60min	25/30
6:00 PM	Karate Children (10 to 14 yrs)	Lakes	Studio	Shaji	60 min	25/30
7:15 PM	Body Pump	Lakes	Studio	Amber	60min	30/40

9:00AM	Aqua Wogglng	Meadows	Pool	Jacky	45 mins	30/40
9:30AM	Yoga - Adult	Meadows	Aerobics Studio	Renjith	60 mins	40/45
9:40AM	Aqua Circuit	Meadows	Pool	Jacky	45 mins	30/40
7:00PM	Adult Football League	Meadows	Sports hall	James	2.5hr	210/Team
6:45PM	RPM	Meadows	Cycling Studio	Deanne/Catherine	45 mins	30/40
7:45PM	Spinning	Meadows	Cycling Studio	Maryam	45 mins	30/40
6:30PM	Body Combat	Al Manzil - Oldtown	Studio	Parveez	60 mins.	30/40
7:30PM	Circuit Boot Camp	Al Manzil - Oldtown	Studio	Parveez	60 mins.	30/40

THURSDAY						
TIME	CLASS	VENUE	WHERE	INSTRUCTOR	TIME	MEMBER Non-Member
6:30 PM	Body Pump	Lakes	Studio	Elaine	60min	30/40

TIME	CLASS	VENUE	WHERE	INSTRUCTOR	TIME	MEMBER Non-Member
8:30AM	Body Combat	Meadows	Aerobics Studio	Catherine	60 min	30/40
9:30AM	RPM	Meadows	Cycling Studio	Amber	45 mins	30/40
4:30 PM	GFM Karate-Children(3-10yrs)	Meadows	Function Room 1	Renjith	60 mins	25/30
5:00 PM	Thai-boxing(13-16yrs)	Meadows	Aerobics Studio	Anthony	60 mins	50/60
5:30PM	GFM Karate-Children(11-14yrs)	Meadows	Function Room 1	Renjith	60 mins	25/30
6:00PM	Thai-boxing	Meadows	Aerobics Studio	Anthony	60 mins	50/60
6:30PM	Yoga - Adult	Meadows	Function Room 1	Renjith	60 mins	40/45
7:00PM	Adult Football League	Meadows	Sports hall	James	2.5hr	210/Team
7:15PM	Spinning	Meadows	Cycling Studio	Maryam	45 mins	30/40
8:00PM	GFM Kung Fu	Meadows	Function Room 1	Renjith	60 mins	30/40
8:30AM	Hatha Yoga	Al Manzil - Oldtown	Studio	Shaji	60 mins.	40/45
7:30PM	Circuit Boot Camp	Al Manzil - Oldtown	Studio	Parveez	60 mins.	30/40

MONDAY						
TIME	CLASS	VENUE	WHERE	INSTRUCTOR	TIME	MEMBER Non-Member
7:15 AM	Body Pump	Lakes	Studio	Deanne	60min	30/40
8:30 AM	Body Pump	Lakes	Studio	Catherine	60min	30/40
10:00AM	Blooming Fit	Lakes	Studio	Elaine	60min	40/50
5:00 PM	Karate Children (3 1/2 to 9 yrs)	Lakes	Studio	Shaji	60min	25/30
6:00 PM	Karate Children (10 to 14 yrs)	Lakes	Studio	Shaji	60min	25/30
7:15 PM	Body Pump	Lakes	Studio	Amber	60min	30/40
9:00AM	Aqua Woggle	Meadows	Pool	Jacky	45 mins	30/40
9:30AM	Yoga - Adult	Meadows	Aerobics Studio	Renjith	60 mins	40/45
9:40AM	Aqua Circuit Mix	Meadows	Pool	Jacky	45 mins	30/40
7:00PM	RPM	Meadows	Cycling Studio	Belinda	45 mins	30/40
6:30PM	Body Combat	Al Manzil - Oldtown	Studio	Parveez	60 mins.	30/40

TIME	CLASS	VENUE	WHERE	INSTRUCTOR	TIME	MEMBER Non-Member
8:30AM	RPM	Meadows	Cycling Studio	Belinda	55 mins	30/40
5:00PM	Thai-boxing(13-16yrs)	Meadows	Aerobics Studio	Anthony	60 mins	50/60
5:30PM	GFM Karate-Children(11-14yrs)	Meadows	Function Room 1	Renjith	60 mins	25/30
5:45PM	Aqua Wogglng	Meadows	Pool	Jacky	45 mins	30/40
6:00PM	Thai-boxing-Adult	Meadows	Aerobics Studio	Anthony	60 mins	50/60
6:30PM	Yoga - Adult	Meadows	Function Room 1	Renjith	60 mins	40/45
8:00PM	GFM Kung Fu	Meadows	Function Room 1	Renjith	60 mins	30/40
8:30AM	Hatha Yoga	Al Manzil - Oldtown	Studio	Shaji	60 mins.	40/45
4:30PM	Kids Karate	Al Manzil - Oldtown	Studio	Shaji	60 mins.	25/30
5:30PM	Kids Karate	Al Manzil - Oldtown	Studio	Shaji	60 mins.	25/30
6:30PM	Power Yoga	Al Manzil - Oldtown	Studio	Shaji	60 mins.	40/45
7:30PM	Hatha Yoga	Al Manzil - Oldtown	Studio	Shaji	60 mins.	40/45
8:30PM	Karate & Kung Fu	Al Manzil - Oldtown	Studio	Shaji	60 mins.	30/40

FRIDAY						
TIME	CLASS	VENUE	WHERE	INSTRUCTOR	TIME	MEMBER Non-Member
11:00 AM	Body Pump	Lakes	Studio	Belinda/Jo	60 mins.	30/40
9:30AM	RPM	Meadows	Cycling Studio	Amber/Belinda	45 mins	30/40
11:00AM	Spinning	Meadows	Cycling Studio	Maryam	60 mins	30/40

All Adult classes are mixed, unless stated otherwise

For further information on classes contact us on:

Hayya! Lakes
04 3627790

Hayya! Meadows
04 3627770

Hayya! Town Centre
04 3627785

Hayya! Al Manzil- Old Town
04-3673282

For Membership enquiries call **800 Hayya! (42992)**