



Group Exercise Timetable – Ramadan Schedule March 2026

	Timing	Activity	Age	Trainer	Location
Monday	09:30 to 10:30	Satyananda	18+	Shashi	Gym Studio
	12:30 to 13:30	Warrior Flow	18+	Shashi	Gym Studio
	17:00 to 18:00	Strong Mode	18+	Vadym	Gym Studio
Tuesday	09:30 to 10:30	Strong Mode	18+	Vadym	Gym Studio
	12:30 to 13:30	Satyananda	18+	Shashi	Gym Studio
	16:00 to 17:00	Yoga Nidra	18+	Shashi	Gym Studio
	19:30 to 20:30	Strech	18+	Shashi	Gym Studio
Wednesday	09:30 to 10:30	Hatha Yoga	18+	Shashi	Gym Studio
	12:30 to 13:30	Pranayam and Breathwork	18+	Shashi	Gym Studio
	16:00 to 17:00	Warrior Flow	18+	Shashi	Gym Studio
Thursday	08:00 to 09:00	Boxing Club	18+	Vadym	Gym Studio
	12:30 to 13:30	Restorative Yin	18+	Shashi	Gym Studio
	16:00 to 17:00	Hatha Yoga	18+	Shashi	Gym Studio
	19:30 to 20:30	Mobility	18+	Shashi	Gym Studio
Friday	12:30 to 13:30	Functional Edge	18+	Vadym	Gym Studio
	16:00 to 17:00	The Challenge	18+	Vadym	Gym Studio
	19:30 to 20:30	Strong Mode	18+	Vadym	Gym Studio



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	Timing	Activity	Age	Trainer	Location
Saturday	09:30 to 10:30	Functional Edge	18+	Vadym	Gym Outdoor
	12:30 to 13:30	Boxing Club	18+	Vadym	Gym Studio
	16:00 to 17:00	Strong Mode	18+	Vadym	Gym Outdoor
Sunday	10:30 to 11:45	Warrior Flow	18+	Shashi	Gym Studio
	12:30 to 13:30	Yoga Nidra	18+	Shashi	Gym Studio
	18:30 to 19:30	Restorative Yin	18+	Shashi	Gym Studio

CLASS BOOKING REQUIREMENTS

- Please note that the class schedule may vary during special events and public holidays.
- Advance bookings are required for all sessions.
- To ensure a smooth and safe experience, we kindly ask that you arrive at least five minutes before the class begins.
- Cancellations must be made at least 12 hours in advance to avoid applicable fees.