

GET DRIVER FIT

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7 WEEK PROGRAM SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7am	Boxing Fitness Haddins @ Zayed Sports City	Beach Circuit Yas Beach	Functional Fitness Haddins @ Zayed Sports City	Yoga Yas Links	HIIT Marriott Hotel Al Forsan		
7 - 8am							
8 - 9am						Beach Circuit The Residence at St. Regis Resort	
9 - 10am		Body Toning (LO) Yas Links			Core Conditioning Haddins @ Zayed Sports City	Yoga Umm Al Emarat Park*	
10 - 11am							HIIT Gateway Park
7 - 8pm	Functional Fitness Yas Marina Circuit	HIIT Umm Al Emarat Park*	Driver's Bootcamp Yas Marina Circuit	Functional Fitness Masdar City	Circuit Training Haddins @ Zayed Sports City		
				Zumba (LO) Yas Marina Circuit			

*AED 5 fee to enter Umm Al Emarat Park

(LO) Ladies Only

MAKE WAVES
PRE-REGISTER AT YASALAM.AE

