

# MARCH - APRIL CLASS SCHEDULE

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## MARCH 6

**Mobility & Strength**  
Chapters Studio – Yas Island  
8:30 AM

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## MARCH 10

**Gentle Flow Yoga**  
Seven Wellness – Reem Island  
2:00 PM

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## MARCH 11

**Reformer Pilates Class**  
Inspire Sports – Khaleej Al Arabi  
9:30 AM

**BODYCOMBAT**  
Inspire Sports – Khaleej Al Arabi  
9:30 PM

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## MARCH 12

**Mat Pilates**  
Inspire Sports – Khaleej Al Arabi  
11:00 AM

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## MARCH 13

**Zumba Class**  
Inspire Sports – Khaleej Al Arabi  
9:00 AM

**LM Shapes**  
Inspire Sports – Khaleej Al Arabi  
11:00 AM

**The Trip Cycling**  
Inspire Sports – Khaleej Al Arabi  
9:00 PM

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## MARCH 14

**Mat Pilates**  
Inspire Sports – Khaleej Al Arabi  
11:00 AM

**Sculpt & Core**  
Inspire Sports – Khaleej Al Arabi  
11:00 AM

**Hot Hatha Yoga**  
Yoga One – Mangrove Studio  
9:00 PM

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## MARCH 15

**Mat Pilates**  
Inspire Sports – Khaleej Al Arabi  
10:00 AM

**Strong/Circle Mobility Class**  
Inspire Sports – Khaleej Al Arabi  
8:30 PM

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## MARCH 17

**Vinyasa Yoga**  
Seven Wellness – Reem Island  
2:00 PM

**LM Shapes**  
Inspire Sports – Khaleej Al Arabi  
3:30 PM

**Sunset Yoga & Walking Meditation**  
Yoga One – Jubail Mangrove Park  
5:00 PM

**Biofunction Body Weight Followed by Yoga**  
The Bridge Hub – Al Qana  
5:15 PM

**Cycling**  
Motion Cycling – Reem Island  
9:30 PM

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## MARCH 18

**Reformer Pilates Class**  
Inspire Sports – Khaleej Al Arabi  
4:00 PM

**BODYPUMP**  
Inspire Sports – Khaleej Al Arabi  
4:30 PM

**Reformer Pilates Class**  
Inspire Sports – Khaleej Al Arabi  
9:30 AM

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## MARCH 19

**Hip & Spine Care**  
Breathes Wellness – Al Bandar Clubhouse  
7:30 AM

**Zumba Class**  
Inspire Sports – Khaleej Al Arabi  
11:00 AM

**Deep Stretching**  
Yoga One – Masdar City  
9:00 PM

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## MARCH 20

**Vinyasa**  
Breathes Wellness – Al Bandar Clubhouse  
8:30 AM

**LM Tone Class**  
Inspire Sports – Khaleej Al Arabi  
4:30 PM

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## MARCH 21

**BODYPUMP**  
Inspire Sports – Khaleej Al Arabi  
9:00 AM

**Vinyasa**  
Breathes Wellness – Al Bandar Clubhouse  
9:30 AM

**Hot Hatha Yoga**  
Yoga One – Mangrove Studio  
9:00 PM

# MARCH - APRIL CLASS SCHEDULE

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## MARCH 22

### Mat Pilates

Inspire Sports – Khaleej Al Arabi  
10:00 AM

### Strong/Circle Mobility Class

Inspire Sports – Khaleej Al Arabi  
8:30 PM

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## MARCH 24

### Cycling

Crank – Sheikha Fatima Park  
All Day

### Mindful Breathing

Seven Wellness – Reem Island  
2:00 PM

### Biofunction Body Weight Followed by Yoga

The Bridge Hub – Al Qana  
5:15 PM

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## MARCH 25

### Reformer Pilates Class

Inspire Sports – Khaleej Al Arabi  
9:30 AM

### Gentle Reformer Pilates

Pilatiq Fitness Studio – Khalifa City  
5:00 PM

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## MARCH 26

### Hip & Spine Care

Breathes Wellness – Al Bandar Clubhouse  
7:30 AM

### Deep Stretching Cobra Gym

Breathes Wellness – Al Bandar Clubhouse  
9:30 AM

### Jallabina Bellydance Class

Inspire Sports – Khaleej Al Arabi  
8:30 PM

### Deep Stretching

Yoga One – Masdar City  
9:00 PM

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## MARCH 27

### Vinyasa

Breathes Wellness – Al Bandar Clubhouse  
8:30 AM

### Start Up Reformer Pilates

Pilatiq Fitness Studio – Khalifa City  
10:30 PM

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## MARCH 28

### Hot Hatha Yoga

Yoga One – Mangrove Studio  
9:00 PM

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## MARCH 29

### Vinyasa

Breathes Wellness – Al Bandar Clubhouse  
9:30 AM

### Mat Pilates

Inspire Sports – Khaleej Al Arabi  
10:00 AM

### Active Abs Pilates

Pilatiq Fitness Studio – Khalifa City  
5:00 PM

### Strong/Circle Mobility Class

Inspire Sports – Khaleej Al Arabi  
8:30 PM

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## MARCH 31

### Deep Stretch Yoga

Seven Wellness – Reem Island  
2:00 PM

### Biofunction Body Weight Followed by Yoga

The Bridge Hub – Al Qana  
5:15 PM

MOVE FOR MS (3/3)

# MARCH - APRIL CLASS SCHEDULE

الجمعية  
الوطنية للتصلب  
المتعدد  
National  
Multiple Sclerosis  
Society

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## APRIL 1

**Reformer Pilates Class**  
Inspire Sports – Khaleej Al Arabi  
9:30 AM

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## APRIL 2

**Deep Stretching**  
Yoga One – Masdar City  
9:00 PM

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## APRIL 4

**Hot Hatha Yoga**  
Yoga One – Mangrove Studio  
9:00 PM

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## APRIL 5

**Mat Pilates**  
Inspire Sports – Khaleej Al Arabi  
10:00 AM

**Strong/Circle Mobility  
Class**  
Inspire Sports – Khaleej Al Arabi  
8:30 PM

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## APRIL 7

**Biofunction Body Weight  
Followed by Yoga**  
The Bridge Hub – Al Qana  
5:15 PM