

ONLINE *VIRTUAL* CLASSES

UFCGYM
BAHRAIN



SUNDAY

MONDAY

TUESDAY

09:00 CRISTIAN

LATIN FULL BODY
WORKOUT*

12:00 JHONATHAN

BODYWEIGHT HIIT

16:30 ALEX

CYCLING*

19:30 CLIFFORD

CYCLING*

21:00 CARLOS

GUEST FROM COLOMBIA
LATIN RUMBA DANCE

09:00 JHONATHAN

FULL BODY WORKOUT*

12:00 WARREN

ADVANCED DUT*

16:30 CLIFFORD

CYCLING*

19:30 ANNA

GUEST FROM KUWAIT

BOXING CONDITIONING

21:00 ALEX

BODYWEIGHT HIIT

09:00 CLIFFORD

CYCLING*

12:00 MILLICENT

GLUTES & ABS

16:30 CARLOS

GUEST FROM COLOMBIA

LATIN RUMBA DANCE

19:30 JHONATHAN

BODYWEIGHT HIIT

21:00 ALEX

FULL BODY WORKOUT*

** EQUIPMENT IS REQUIRED*

ONLINE *VIRTUAL* CLASSES

UFCGYM
BAHRAIN



WEDNESDAY **THURSDAY** **FRIDAY** **SATURDAY**

09:00 CRISTIAN

LATIN FULL BODY
WORKOUT*

12:00 ALEX

CYCLING*

16:30 JHONATHAN

CYCLING*

19:30 CLIFFORD

BOXING CONDITIONING

21:00 CARLOS

GUEST FROM COLOMBIA
LATIN RUMBA DANCE

09:00 CLIFFORD

CYCLING*

12:00 WARREN

ADVANCED DUT*

16:30 ALEX

CYCLING*

19:30 MILLICENT

GLUTES & ABS

21:00 JHONATHAN

BODYWEIGHT HIIT

12:00 JHONATHAN

FULL BODY WORKOUT*

16:30 ALEX

CYCLING*

09:00 MILLICENT

GLUTES & ABS

12:00 CRISTIAN

LATIN FULL BODY
WORKOUT*

16:30 JHONATHAN

CYCLING*

19:30 CLIFFORD

CYCLING*

21:00 ALEX

FULL BODY WORKOUT*

** EQUIPMENT IS REQUIRED*