

# EMIRATES ARENA TEMPORARY TIMETABLE

(classes return to normal on Tuesday 14 August)

MONDAY 23 JULY AND MONDAY 13 AUGUST		
Time	Class	Info
0700 - 0730	Metafit	relocated to Mind and Body Studio
0700 - 0745	FT Fit	relocated to Arena Sprint Track
1000 - 1100	Yoga	as scheduled
1200 - 1245	FT Fit	relocated to Arena Sprint Track
1300 - 1345	Body Combat	relocated to Crownpoint
1715 - 1745	Metafit	cancelled
1715 - 1800	G-Cycle	relocated to Arena Sprint Track
1730 - 1815	Zumba	relocated to Mind and Body Studio
1800 - 1830	Grit Strength	cancelled
1815 - 1900	FT Fit	relocated to Arena Sprint Track
1815 - 1915	Pilates Improver	as scheduled
1845 - 1930	Body Pump	relocated to Crownpoint
1900 - 1945	G-Cycle	relocated to Gorbals time change: starts 1930
1915 - 2015	Body Balance	as scheduled
1930 - 2000	CxWorx	relocated to Crownpoint
2000 - 2045	Body Attack	relocated to Crownpoint

TUESDAY 24 JULY		
Time	Class	Info
0645 - 0715	Metafit	relocated to Mind and Body Studio
0700 - 0730	Arke Express	as scheduled
0700 - 0745	G-Cycle	relocated to Gorbals
0715 - 0800	Body Pump	relocated to Gorbals time change: starts 0730
1200 - 1230	Arke Express	as scheduled
1230 - 1315	Body Pump	relocated to Crownpoint
1715 - 1800	Kettlebells	cancelled
1345 - 1430	Live Active FT Fit	relocated to Arena Sprint Track
1715 - 1800	FT Fit	relocated to Arena Sprint Track
1730 - 1815	Body Attack	relocated to Gorbals time change: starts 1745
1800 - 1830	CxWorx	relocated to Gorbals
1800 - 1845	G-Cycle	relocated to Arena Sprint Track
1815 - 1900	Box Fit	relocated to Mind and Body Studio time change: starts 1745
1830 - 1930	Yoga	as scheduled
1900 - 2000	Kettlebells	relocated to Arena Sprint Track time change: starts 1815
1900 - 1930	Metafit	cancelled
1930 - 2030	Body Balance	relocated to Gorbals
1930 - 2030	Body Combat	relocated to Mind and Body Studio
1945 - 2030	FT Fit	relocated to Arena Sprint Track
2030 - 2115	Body Pump	cancelled

WEDNESDAY 25 JULY		
Time	Class	Info
0700 - 0730	Grit	relocated to Mind and Body Studio
0700 - 0745	FT Fit	relocated to Arena Sprint Track
1200 - 1230	Metafit	relocated to Mind and Body Studio
1200 - 1300	Yoga	same location time change: starts 1230
1230 - 1315	G-Cycle	relocated to Gorbals
1645 - 1745	Fit Club Jnr FT Fit	relocated to Arena Sprint Track
1715 - 1800	Body Attack	relocated to Mind and Body Studio
1745 - 1830	G-Cycle	relocated to Arena Sprint Track
1800 - 1900	Pilates Beginner	as scheduled
1800 - 1830	Grit Strength	cancelled
1845 - 1930	FT Fit	relocated to Arena Sprint Track
1845 - 1930	Body Pump	cancelled
1900 - 1930	CxWorx	relocated to Mind and Body Studio
1930 - 2030	Yoga	as scheduled
1930 - 2015	G-Cycle	relocated to Arena Sprint Track
1930 - 2000	Metafit	relocated to Crownpoint time change: starts 1945

THURSDAY 26 JULY		
Time	Class	Info
0700 - 0730	Arke	as scheduled
0700 - 0745	Body Pump	relocated to Mind and Body Studio
0700 - 0745	G-Cycle	relocated to Gorbals
1000 - 1100	Yoga	as scheduled
1230 - 1300	Grit Cardio	relocated to Mind and Body Studio
1700 - 1800	Fit Club Jnr Gym Skills	as scheduled
1715 - 1800	Body Combat	relocated to Gorbals
1730 - 1815	G-Cycle	relocated to Arena Sprint Track
1800 - 1900	Boxfit	cancelled
1800 - 1830	Kinesis	as scheduled
1800 - 1845	Yoga	as scheduled
1830 - 1915	G-Cycle	relocated to Arena Sprint Track
1900 - 1945	Body Attack	relocated to Crownpoint time change: starts 1930
1900 - 2000	Tai Chi	as scheduled
1915 - 2000	FT Fit	relocated to Arena Sprint Track
1945 - 2030	Zumba	relocated to Crownpoint time change: starts 2015

FRIDAY 27 JULY		
Time	Class	Info
0645 - 0730	Body Combat	relocated to Mind and Body Studio
0700 - 0745	FT Fit	relocated to Arena Sprint Track
1000 - 1030	Metafit	relocated to Mind and Body Studio
1030 - 1130	Body Balance	as scheduled
1200 - 1245	Body Pump	relocated to Crownpoint
1200 - 1300	Yoga	relocated to Gorbals
1230 - 1315	G-Cycle	relocated to Arena Sprint Track
1715 - 1800	FT Fit	relocated to Arena Sprint Track
1730 - 1815	Body Attack	relocated to Mind and Body Studio
1815 - 1845	Metafit	relocated to Mind and Body Studio
1815 - 1900	G-Cycle	relocated to Arena Sprint Track
1845 - 1930	Body Pump	relocated to Mind and Body Studio

SATURDAY 28 JULY		
Time	Class	Info
0900 - 1000	Body Combat	relocated to Crownpoint time change: starts 1045
0915 - 0945	Arke Express	as scheduled
0930 - 1030	Pilates Beginner	as scheduled
0945 - 1030	G-Cycle	relocated to Arena Sprint Track
1000 - 1030	Grit Strength	relocated to Crownpoint time change: starts 1130
1030 - 1130	Pilates Improver	as scheduled
1030 - 1130	Body Pump	relocated to Crownpoint time change: starts 1200
1030 - 1115	FT Fit	relocated to Arena Sprint Track
1130 - 1200	CxWorx	as scheduled
1130 - 1215	G-Cycle	relocated to Gorbals
1130 - 1200	Kinesis Express	as scheduled
1245 - 1330	FT Fit	relocated to Arena Sprint Track time change: starts 1230

SUNDAY 29 JULY		
Time	Class	Info
0900 - 0930	Metafit	relocated to Mind and Body Studio
0915 - 0945	Kinesis Express	as scheduled
0930 - 1015	G-Cycle	relocated to Gorbals time change: starts 0915
0930 - 1030	Body Attack	as scheduled
1030 - 1130	Body Pump	cancelled
1030 - 1115	FT Fit	relocated to Arena Sprint Track time change: starts 1015
1030 - 1130	Yoga	as scheduled
1115 - 1200	G-Cycle	relocated to Gorbals
1130 - 1215	Body Step	relocated to Mind and Body Studio
1145 - 1215	Arke Express	as scheduled
1230 - 1330	Body Balance	as scheduled

**CLASSES RELOCATED TO CROWNPOINT**

**CLASSES RELOCATED TO GORBALS**

**CLASSES RUNNING AS SCHEDULED**

**CLASSES RELOCATED WITHIN EMIRATES ARENA**

MONDAY 30 JULY		
Time	Class	Info
0700 - 0730	Metafit	relocated to Gorbals <b>time change: starts 0730</b>
0700 - 0745	FT Fit	relocated to Arena Sprint Track
1000 - 1100	Yoga	relocated to Gorbals
1200 - 1245	FT Fit	relocated to Arena Sprint Track
1300 - 1345	Body Combat	relocated to Crownpoint
1715 - 1745	Metafit	<b>cancelled</b>
1715 - 1800	G-Cycle	relocated to Arena Sprint Track
1730 - 1815	Zumba	relocated to Gorbals
1800 - 1830	Grit Strength	<b>cancelled</b>
1815 - 1900	FT Fit	relocated to Arena Sprint Track
1815 - 1915	Pilates Improver	relocated to Gorbals
1845 - 1930	Body Pump	relocated to Crownpoint
1900 - 1945	G-Cycle	relocated to Gorbals <b>time change: starts 1930</b>
1915 - 2015	Body Balance	relocated to Gorbals <b>time change: starts 1900</b>
1930 - 2000	CxWorx	relocated to Crownpoint
2000 - 2045	Body Attack	relocated to Crownpoint

TUESDAY 31 JULY		
Time	Class	Info
0645 - 0715	Metafit	<b>cancelled</b>
0700 - 0730	Arke Express	as scheduled
0700 - 0745	G-Cycle	relocated to Gorbals
0715 - 0800	Body Pump	relocated to Gorbals <b>time change: starts 0730</b>
1200 - 1230	Arke Express	as scheduled
1230 - 1315	Body Pump	relocated to Crownpoint
1715 - 1800	Kettlebells	<b>cancelled</b>
1345 - 1430	Live Active FT Fit	relocated to Arena Sprint Track
1715 - 1800	FT Fit	relocated to Arena Sprint Track
1730 - 1815	Body Attack	relocated to Gorbals <b>time change: starts 1745</b>
1800 - 1830	CxWorx	relocated to Gorbals
1800 - 1845	G-Cycle	relocated to Arena Sprint Track
1815 - 1900	Box Fit	<b>cancelled</b>
1830 - 1930	Yoga	<b>cancelled</b>
1900 - 2000	Kettlebells	relocated to Gorbals <b>time change: starts 1815</b>
1900 - 1930	Metafit	<b>cancelled</b>
1930 - 2030	Body Balance	relocated to Gorbals
1930 - 2030	Body Combat	relocated to Crownpoint <b>time change: starts 2000</b>
1945 - 2030	FT Fit	relocated to Arena Sprint Track
2030 - 2115	Body Pump	<b>cancelled</b>

WEDNESDAY 1 AUGUST		
Time	Class	Info
0700 - 0730	Grit	<b>cancelled</b>
0700 - 0745	FT Fit	relocated to Arena Sprint Track
1200 - 1230	Metafit	<b>cancelled</b>
1200 - 1300	Yoga	relocated to Gorbals
1230 - 1315	G-Cycle	relocated to Gorbals
1645 - 1745	Fit Club Jnr FT Fit	relocated to Arena Sprint Track
1715 - 1800	Body Attack	relocated to Crownpoint <b>time change: starts 1700</b>
1745 - 1830	G-Cycle	relocated to Arena Sprint Track
1800 - 1900	Pilates Beginner	<b>cancelled</b>
1800 - 1830	Grit Strength	<b>cancelled</b>
1845 - 1930	FT Fit	relocated to Arena Sprint Track
1845 - 1930	Body Pump	<b>cancelled</b>
1900 - 1930	CxWorx	<b>cancelled</b>
1930 - 2030	Yoga	<b>cancelled</b>
1930 - 2015	G-Cycle	relocated to Arena Sprint Track
1930 - 2000	Metafit	relocated to Crownpoint <b>time change: starts 1945</b>

THURSDAY 2 AUGUST		
Time	Class	Info
0700 - 0730	Arke	as scheduled
0700 - 0745	Body Pump	<b>cancelled</b>
0700 - 0745	G-Cycle	relocated to Gorbals
1000 - 1100	Yoga	relocated to Crownpoint <b>time change: starts 1100</b>
1230 - 1300	Grit Cardio	relocated to Crownpoint
1700 - 1800	Fit Club Jnr Gym Skills	as scheduled
1715 - 1800	Body Combat	relocated to Gorbals
1730 - 1815	G-Cycle	relocated to Arena Sprint Track
1800 - 1900	Boxfit	<b>cancelled</b>
1800 - 1830	Kinesis	as scheduled
1800 - 1845	Yoga	relocated to Crownpoint <b>time change: starts 1830</b>
1830 - 1915	G-Cycle	relocated to Arena Sprint Track
1900 - 1945	Body Attack	relocated to Crownpoint <b>time change: starts 1930</b>
1900 - 2000	Tai Chi	relocated to Gorbals
1915 - 2000	FT Fit	relocated to Arena Sprint Track
1945 - 2030	Zumba	relocated to Crownpoint <b>time change: starts 2015</b>

FRIDAY 3 AUGUST		
Time	Class	Info
0645 - 0730	Body Combat	<b>cancelled</b>
0700 - 0745	FT Fit	relocated to Arena Sprint Track
1000 - 1030	Metafit	relocated to Crownpoint
1030 - 1130	Body Balance	relocated to Crownpoint
1200 - 1245	Body Pump	relocated to Crownpoint
1200 - 1300	Yoga	relocated to Gorbals
1230 - 1315	G-Cycle	relocated to Arena Sprint Track
1715 - 1800	FT Fit	relocated to Arena Sprint Track
1730 - 1815	Body Attack	relocated to Crownpoint <b>time change: starts 1830</b>
1815 - 1845	Metafit	relocated to Crownpoint <b>time change: starts 1915</b>
1815 - 1900	G-Cycle	relocated to Arena Sprint Track
1845 - 1930	Body Pump	relocated to Crownpoint <b>time change: starts 1945</b>

SATURDAY 4 AUGUST		
Time	Class	Info
0900 - 1000	Body Combat	relocated to Crownpoint <b>time change: starts 1045</b>
0915 - 0945	Arke Express	as scheduled
0930 - 1030	Pilates Beginner	relocated to Gorbals
0945 - 1030	G-Cycle	relocated to Arena Sprint Track
1000 - 1030	Grit Strength	relocated to Crownpoint <b>time change: starts 1130</b>
1030 - 1130	Pilates Improver	relocated to Gorbals
1030 - 1130	Body Pump	relocated to Crownpoint <b>time change: starts 1200</b>
1030 - 1115	FT Fit	relocated to Arena Sprint Track
1130 - 1200	CxWorx	<b>cancelled</b>
1130 - 1215	G-Cycle	relocated to Gorbals
1130 - 1200	Kinesis Express	as scheduled
1245 - 1330	FT Fit	relocated to Arena Sprint Track <b>time change: starts 1230</b>

SUNDAY 5 AUGUST		
Time	Class	Info
0900 - 0930	Metafit	<b>cancelled</b>
0915 - 0945	Kinesis Express	as scheduled
0930 - 1015	G-Cycle	relocated to Gorbals <b>time change: starts 0915</b>
0930 - 1030	Body Attack	relocated to Crownpoint
1030 - 1130	Body Pump	<b>cancelled</b>
1030 - 1115	FT Fit	relocated to Arena Sprint Track <b>time change: starts 1015</b>
1030 - 1130	Yoga	relocated to Gorbals <b>time change: starts 1000</b>
1115 - 1200	G-Cycle	relocated to Gorbals
1130 - 1215	Body Step	relocated to Gorbals <b>time change: starts 1115</b>
1145 - 1215	Arke Express	same location <b>time change: starts 1130</b>
1230 - 1330	Body Balance	relocated to Crownpoint

**CLASSES RELOCATED TO CROWNPOINT**

**CLASSES RELOCATED TO GORBALS**

**CLASSES RUNNING AS SCHEDULED**

**CLASSES RELOCATED WITHIN EMIRATES ARENA**

MONDAY 6 AUGUST		
Time	Class	Info
0700 - 0730	Metafit	relocated to Gorbals <b>time change: starts 0730</b>
0700 - 0745	FT Fit	relocated to Arena Sprint Track
1000 - 1100	Yoga	relocated to Gorbals
1200 - 1245	FT Fit	relocated to Arena Sprint Track
1300 - 1345	Body Combat	relocated to Crownpoint
1715 - 1745	Metafit	<b>cancelled</b>
1715 - 1800	G-Cycle	relocated to Arena Sprint Track
1730 - 1815	Zumba	relocated to Gorbals
1800 - 1830	Grit Strength	<b>cancelled</b>
1815 - 1900	FT Fit	relocated to Arena Sprint Track
1815 - 1915	Pilates Improver	relocated to Gorbals
1845 - 1930	Body Pump	relocated to Crownpoint
1900 - 1945	G-Cycle	relocated to Gorbals <b>time change: starts 1930</b>
1915 - 2015	Body Balance	relocated to Gorbals <b>time change: starts 1900</b>
1930 - 2000	CxWorx	relocated to Crownpoint
2000 - 2045	Body Attack	relocated to Crownpoint

TUESDAY 7 AUGUST		
Time	Class	Info
0645 - 0715	Metafit	<b>cancelled</b>
0700 - 0730	Arke Express	as scheduled
0700 - 0745	G-Cycle	relocated to Gorbals
0715 - 0800	Body Pump	relocated to Gorbals <b>time change: starts 0730</b>
1200 - 1230	Arke Express	as scheduled
1230 - 1315	Body Pump	relocated to Crownpoint
1715 - 1800	Kettlebells	<b>cancelled</b>
1345 - 1430	Live Active FT Fit	relocated to Arena Sprint Track
1715 - 1800	FT Fit	relocated to Arena Sprint Track
1730 - 1815	Body Attack	relocated to Gorbals <b>time change: starts 1745</b>
1800 - 1830	CxWorx	relocated to Gorbals
1800 - 1845	G-Cycle	relocated to Arena Sprint Track
1815 - 1900	Box Fit	<b>cancelled</b>
1830 - 1930	Yoga	<b>cancelled</b>
1900 - 2000	Kettlebells	relocated to Gorbals <b>time change: starts 1815</b>
1900 - 1930	Metafit	<b>cancelled</b>
1930 - 2030	Body Balance	relocated to Gorbals
1930 - 2030	Body Combat	relocated to Crownpoint <b>time change: starts 2000</b>
1945 - 2030	FT Fit	relocated to Arena Sprint Track
2030 - 2115	Body Pump	<b>cancelled</b>

WEDNESDAY 8 AUGUST		
Time	Class	Info
0700 - 0730	Grit	<b>cancelled</b>
0700 - 0745	FT Fit	relocated to Arena Sprint Track
1200 - 1230	Metafit	<b>cancelled</b>
1200 - 1300	Yoga	relocated to Gorbals
1230 - 1315	G-Cycle	relocated to Gorbals
1645 - 1745	Fit Club Jnr FT Fit	relocated to Arena Sprint Track
1715 - 1800	Body Attack	relocated to Crownpoint <b>time change: starts 1700</b>
1745 - 1830	G-Cycle	relocated to Arena Sprint Track
1800 - 1900	Pilates Beginner	<b>cancelled</b>
1800 - 1830	Grit Strength	<b>cancelled</b>
1845 - 1930	FT Fit	relocated to Arena Sprint Track
1845 - 1930	Body Pump	<b>cancelled</b>
1900 - 1930	CxWorx	<b>cancelled</b>
1930 - 2030	Yoga	<b>cancelled</b>
1930 - 2015	G-Cycle	relocated to Arena Sprint Track
1930 - 2000	Metafit	relocated to Crownpoint <b>time change: starts 1945</b>

THURSDAY 9 AUGUST		
Time	Class	Info
0700 - 0730	Arke	as scheduled
0700 - 0745	Body Pump	relocated to Mind and Body Studio
0700 - 0745	G-Cycle	relocated to Gorbals
1000 - 1100	Yoga	as scheduled
1230 - 1300	Grit Cardio	relocated to Mind and Body Studio
1700 - 1800	Fit Club Jnr Gym Skills	as scheduled
1715 - 1800	Body Combat	relocated to Gorbals
1730 - 1815	G-Cycle	relocated to Arena Sprint Track
1800 - 1900	Boxfit	<b>cancelled</b>
1800 - 1830	Kinesis	as scheduled
1800 - 1845	Yoga	as scheduled
1830 - 1915	G-Cycle	relocated to Arena Sprint Track
1900 - 1945	Body Attack	relocated to Crownpoint <b>time change: starts 1930</b>
1900 - 2000	Tai Chi	as scheduled
1915 - 2000	FT Fit	relocated to Arena Sprint Track
1945 - 2030	Zumba	relocated to Crownpoint <b>time change: starts 2015</b>

FRIDAY 10 AUGUST		
Time	Class	Info
0645 - 0730	Body Combat	relocated to Mind and Body Studio
0700 - 0745	FT Fit	relocated to Arena Sprint Track
1000 - 1030	Metafit	relocated to Mind and Body Studio
1030 - 1130	Body Balance	as scheduled
1200 - 1245	Body Pump	relocated to Crownpoint
1200 - 1300	Yoga	relocated to Gorbals
1230 - 1315	G-Cycle	relocated to Arena Sprint Track
1715 - 1800	FT Fit	relocated to Arena Sprint Track
1730 - 1815	Body Attack	relocated to Mind and Body Studio
1815 - 1845	Metafit	relocated to Mind and Body Studio
1815 - 1900	G-Cycle	relocated to Arena Sprint Track
1845 - 1930	Body Pump	relocated to Mind and Body Studio

SATURDAY 11 AUGUST		
Time	Class	Info
0900 - 1000	Body Combat	relocated to Crownpoint <b>time change: starts 1045</b>
0915 - 0945	Arke Express	as scheduled
0930 - 1030	Pilates Beginner	as scheduled
0945 - 1030	G-Cycle	relocated to Arena Sprint Track
1000 - 1030	Grit Strength	relocated to Crownpoint <b>time change: starts 1130</b>
1030 - 1130	Pilates Improver	as scheduled
1030 - 1130	Body Pump	relocated to Crownpoint <b>time change: starts 1200</b>
1030 - 1115	FT Fit	relocated to Arena Sprint Track
1130 - 1200	CxWorx	as scheduled
1130 - 1215	G-Cycle	relocated to Gorbals
1130 - 1200	Kinesis Express	as scheduled
1245 - 1330	FT Fit	relocated to Arena Sprint Track <b>time change: starts 1230</b>

SUNDAY 12 AUGUST		
Time	Class	Info
0900 - 0930	Metafit	relocated to Mind and Body Studio
0915 - 0945	Kinesis Express	as scheduled
0930 - 1015	G-Cycle	relocated to Gorbals <b>time change: starts 0915</b>
0930 - 1030	Body Attack	as scheduled
1030 - 1130	Body Pump	<b>cancelled</b>
1030 - 1115	FT Fit	relocated to Arena Sprint Track <b>time change: starts 1015</b>
1030 - 1130	Yoga	as scheduled
1115 - 1200	G-Cycle	relocated to Gorbals
1130 - 1215	Body Step	relocated to Mind and Body Studio
1145 - 1215	Arke Express	as scheduled
1230 - 1330	Body Balance	as scheduled

**CLASSES RELOCATED TO CROWNPOINT**

**CLASSES RELOCATED TO GORBALS**

**CLASSES RUNNING AS SCHEDULED**

**CLASSES RELOCATED WITHIN EMIRATES ARENA**