

# INDOOR CYCLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00		THRESHOLD HENRIQUE		THIN AIR HENRIQUE			
7:30							
8:00	HIIT GUTJERA	THRESHOLD HENRIQUE	SWEETSPOT GUTJERA	THIN AIR HENRIQUE	THRESHOLD GLORIA		*TOUR DE BR PRO MONIKA
8:30							
9:30						HILLS HENRIQUE	TOUR DE BR MONIKA
10:00							
12:00	HIIT GUTJERA		SWEETSPOT GUTJERA		THRESHOLD MONIKA		
17:15							TOUR DE BR MONIKA/ GLORIA
18:00	HIIT MONIKA		SWEETSPOT GLORIA		THRESHOLD HENRIQUE	** TOUR DE BR "PRO": Similar to our standard Tour De BR with a more challenging course and longer in duration (1HR)	
19:15	HIIT MONIKA	THRESHOLD HENRIQUE		THIN AIR HENRIQUE			

# MOBILITY

With TAMARA

**TUESDAY**

12PM

**THURSDAY**

8AM

**FRIDAY**

12PM

**SUNDAY**

11AM





# **CIRCUIT TRAINING**

**MONDAY**

Gloria @ 7AM

**WEDNESDAY**

Mariam @ 7AM

Monika @ 7:15PM

**SATURDAY**

MARIAM @ 10:30AM

**SUNDAY**

MARIAM @ 4PM

# TRIATHLON

**MONDAY**

7AM - SWIM @ WELLFIT

**TUESDAY**

5AM - RIDE @ NAS LOOP\*

**WEDNESDAY**

5AM - RUN TRACK & HILLS @ SPORT CITY

**THURSDAY**

6AM - SWIM/BIKE BRICK @ WELLFIT

**SATURDAY**

5AM @ AL QUDRA BOTS\*

**SUNDAY**

7AM - SWIM @ WELLFIT

**\*BR Athletes only**