

# Abu Dhabi- Group fitness schedule

**Original Fitness Co.**  
www.originalfitnessco.com

6am

8.45am

4pm

6.30pm

7.30pm

Sunday

Boot Camp  
Corniche  
Opposite Spinneys  
Khalidiya

MMA Fitness  
Corniche  
Opposite Spinneys  
Khalidiya

Boot Camp  
Corniche  
Opposite Spinneys  
Khalidiya

Monday

Boot Camp  
Corniche  
Opposite Spinneys  
Khalidiya

MMA Fitness  
Corniche  
Opposite Spinneys  
Khalidiya

Boot Camp  
Corniche  
Opposite Spinneys  
Khalidiya

Tuesday

Boot Camp  
Corniche  
Opposite Spinneys  
Khalidiya

Boot Camp  
Corniche  
Opposite Spinneys  
Khalidiya

Thursday

Friday

7am

Run Fitness  
Corniche  
Opposite Spinneys  
Khalidiya

...our aim is your fitness

