

# SPEEDFLEX DUBAI TIMETABLE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6.00	PUREFLEX 30	FLEXTREME 30	PUREFLEX 30	SPEED4LEX 30	CLASSIC 30
6.45	SPEED4LEX 30	CLASSIC 30	SPEED4LEX 30	PUREFLEX 30	SPEED4LEX 30
7.30	COREFLEX 15	FLEX 15	COREFLEX 15	FLEX 15	COREFLEX 15
8.00	CLASSIC 60	CLASSIC 60	CLASSIC 60	CLASSIC 60	CLASSIC 60
9.15	FLEXTREME 30	PUREFLEX 30	CLASSIC 30	FLEXTREME 30	PUREFLEX 30
10.00	BODYFLEX 45		FLEXTREME 45	CLASSIC 45	BODYFLEX 45
11.00	CLASSIC 45	BODYFLEX 45	CLASSIC 45		FLEXTREME 45
12.00	PUREFLEX 30	SPEED4LEX 30	PUREFLEX 30	CLASSIC 30	CLASSIC 30
12.45	FLEX 15	COREFLEX 15	FLEX 15	COREFLEX 15	FLEX 15
13.15	CLASSIC 45	CLASSIC 45	<b>FUNDEMENTALS</b>	BODYFLEX 45	BODYFLEX 45
14.15	SPEED4LEX 30	CLASSIC 30	CLASSIC 30	SPEED4LEX 30	CLASSIC 30
15.00	CLASSIC 60	CLASSIC 60	CLASSIC 60	CLASSIC 60	CLASSIC 60
16.15	FLEXTREME 45	BODYFLEX 45	CLASSIC 45	CLASSIC 45	
17.15	COREFLEX 30	PUREFLEX 30	SPEED4LEX 30	PUREFLEX 30	SPEED4LEX 30
18.00	BODYFLEX 45	CLASSIC 45		BODYFLEX 45	CLASSIC 45
19.00	CLASSIC 60	CLASSIC 60	CLASSIC 60	CLASSIC 60	CLASSIC 60
20.15	CLASSIC 30	SPEED4LEX 30	CLASSIC 30	COREFLEX 30	CLASSIC 30
21.00		FLEXTREME 45	BODYFLEX 45	CLASSIC 45	BODYFLEX 45

TIME	FRIDAY	SATURDAY
6.00	FLEXTREME 30	CLASSIC 30
6.45	PUREFLEX 30	SPEED4LEX 30
7.30	COREFLEX 15	COREFLEX 15
8.00		BODYFLEX 45
9.00	CLASSIC 60	CLASSIC 60
10.30	FLEX 15	FLEX 15
11.00	BODYFLEX 45	CLASSIC 45
12.00	CLASSIC 45	FLEXTREME 45
13.00	FLEXTREME 45	

VALID FROM JANUARY 2017