



PARADISE FITNESS CITY - STUDIO SCHEDULE



CHARGES FOR NON-MEMBERS ONLY

GUEST WILL BE CHARGED EXTRA 10,000 FOR STEAM & SAUNA SERVICES

	MORNING			EVENING			EVENING
DAY/TIME	6:30 - 7:30 AM	Koona	Karate Kidz	CONTEMPORARY DANCE	6:00 - 7:00 PM	7:00 - 8:00 PM	SALSA/BACHATA
	Aerobics/Tae-Bo	10:30AM-11:30AM	1:00 PM TO 2:00 PM	5:00 PM TO 6:00 PM	Aero/Step	Bomber Ride	8:00PM TO 9:00PM
Monday	UGX 20,000	UGX 20,000	HIP HOP	UGX 20,000	UGX 20,000	UGX 20,000	UGX 20,000
			2:00 PM TO 3:00 PM				
	Spin Bike	Koona	Karate Kidz	Koona	ABS	Bumpy Ride	DANCE HALL
Tuesday	UGX 20,000	10:30AM-11:30AM	1:00 PM TO 2:00 PM	UGX 20,000	UGX 20,000	UGX 20,000	8:15PM TO 9:15PM
		UGX 20,000	HIP HOP	5:00 - 6:00 PM			UGX 20,000
			2:00 PM TO 3:00 PM				
	INSANITY/FULL BODY CIRCUIT WORKOUT	BALLET	Karate Kidz	Karate	Tae-Bo	FULL BODY BOMBER	
Wednesday	UGX 20,000	12:00PM TO 1:00 PM	1:00 PM TO 2:00 PM	6:00 pm to 7: 00 pm	UGX 20,000	UGX 20,000	
		20,000	HIP HOP				
			2:00 PM TO 3:00 PM				
	Spin Bike	Koona	Karate Kidz	BALL ROOM	Body Toning	Bumpy Ride	LATIN DANCE
Thursday	UGX 20,000	10:30AM-11:30AM	1:00 PM TO 2:00 PM	5:00 PM TO 6:00 PM	UGX 20,000	UGX 20,000	8:15PM TO 9:15PM
			HIP HOP Kidz	UGX 20,000			UGX 20,000
		UGX 20,000	2:00 PM TO 3:00 PM				
	INSANITY/FULL BODY CIRCUIT WORKOUT	LOCKING & POPPING		Koona	Circuit Workout	Bumpy Ride	Karate
Friday	UGX 20,000	10:30AM-11:30AM		UGX 20,000	UGX 20,000	UGX 20,000	6:00 PM TO 7:00 PM
		20,000		5:00 - 6:00 PM			UGX 20,000
	Bumpy Ride	Spin Bike	BALLET	Karate Kids		Hip Hop	DANCE HALL
Saturday	09:00-10:30AM	11:00 am - 12: 00 pm	12:00PM TO 1:00 PM	4:00 PM TO 5:00 PM		5:30 PM TO 7:00 PM	7:45 PM TO 9:00 PM
	UGX 20,000	UGX 20,000	20,000	UGX 20,000		UGX 20,000	UGX 20,000
	BOLLY WOOD Kids	BOLLY WOOD	BOLLY WOOD ADULTS	HIP HOP			
		Only For Ladies					
Sunday	1:00PM TO 2:00 PM	2:00PM TO 3:00 PM	3:00PM TO 4:00 PM	4:00 PM TO 5:30 PM			
	25,000	25,000	25,000	UGX 20,000			

PARADISE FITNESS CITY RESERVES THE RIGHT TO CHANGE THE CLASSES TIMING

Contact Us: 0753 660 092 / 0414660092 / E-mail: paradisefitnesscity@gmail.com / info@paradisefitnesscity.com / Website: www.paradisefitnesscity.com