



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 DANCE		6:00 - 7:00 PM	7:00 - 8:00 PM	
	Aerobics/Tae-Bo		10:30AM-11:30AM		Aero/Step	Bomber Ride	
Monday	UGX 20,000		UGX 20,000		UGX 20,000	UGX 20,000	
	Spin Bike	ZUMBA/	Koona DANCE	Koona DANCE	ABS	Bumpy Ride	
Tuesday	UGX 20,000	SAFARI DANCE	10:30AM-11:30AM	UGX 20,000	UGX 20,000	UGX 20,000	
		8:30 TO 9:30	UGX 20,000	5:00 - 6:00 PM			
		UGX 20,000					
	INSANITY/FULL BODY CIRCUIT WORKOUT			ZUMBA/	Tae-Bo	FULL BODY BOMBER	BOLLY FUNK
Wednesday	UGX 20,000			SAFARI DANCE	HIGH IMPACT	UGX 20,000	8;00 TO 9:00 PM
				5:00 - 6:00 PM			20,000
				UGX 20,000	UGX 20,000		
	Spin Bike		Koona DANCE		Tae-Bo	Bumpy Ride	LATIN DANCE
Thursday	UGX 20,000		10:30AM-11:30AM		LOW IMPACT	UGX 20,000	8:15PM TO 9:15PM
			UGX 20,000		UGX 20,000		UGX 20,000
				Koona DANCE	Circuit Workout	Bumpy Ride	Karate
Friday	UGX 20,000			UGX 20,000	UGX 20,000	UGX 20,000	6:00 PM TO 7:00 PM
				5:00 - 6:00 PM			UGX 20,000
		ZUMBA/					
Saturday	Bumpy Ride	SAFARI DANCE	Kickboxing	Karate Kids		Hip Hop	DANCE HALL
	09:00-10:30AM	10:30 - 11:30 AM	2:00pm-3:00pm	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		UGX 20,000		UGX 20,000	UGX 20,000
				HIP HOP	FREE STYLE		
Sunday			Kickboxing	4:00 PM TO 5:30 PM	FOR LADIES		
			2:00pm-4:00pm	UGX 20,000	5:30 TO 7:00 PM		

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