



PARADISE FITNESS CITY

SCHEDULE

EFFECTIVE 14.05.2019

Classes subject to change please verify on our website at

www.paradisefitnesscity.com/schedule.html

UGX 20,000 CHARGES FOR NON-MEMBERS ONLY
GUESTS WILL BE CHARGED EXTRA UGX 10,000/= FOR
STEAM & SAUNA SERVICES

Monday - Friday | 6am-10pm

Saturday & Sunday | 9am-8pm

0753 660 092

0414660092

paradisefitnesscity@gmail.com

info@paradisefitnesscity.com

www.paradisefitnesscity.com

Unit No. F2.01, 2nd Floor,

Acacia Mall, Kisementi, Kololo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONSTOR MONDAY/ WEIGHTED TABATA ABBAS 6:30AM - 7:30AM	INSANE SPIN CITY ABBAS 6:30AM-7:30AM	KOONA DANCE FELIX 6:30AM-7:30AM	KOONA DANCE FELIX 10:30 AM-9:30AM	X SANITY IBRAHIM 5:00 PM-6:00PM	BUMPY RIDE NEWTON 9:00 AM - 10:30AM	HIP HOP KENNITH 3:30 PM -5:00PM
AERO / STEP PETER 6:00 PM -8:00pm	KOONA DANCE FELIX 10:30 AM-11:30AM	TAE-BO (HIGH IMPACT) PETER 6:00 PM /1 HR	X SANITY IBRAHIM 5:00 PM /1 HR	CIRCUIT WORKOUT PETER 6:00 PM-7:00PM	FENCING ADULTS JUDE 10:00 -11:00PM	BOLLY FUNK (KIDS & ADULTS) MR D 5:00PM -6:30PM
BOMBER RIDE NEWTON AND USHER 7:15 PM-9:15PM	KOONA DANCE FELIX 5:00 PM-6:00PM	FULL BODY BOMBER NASSER 7:15 PM-8:15PM	KOONA DANCE FELIX 6:00 PM -7:00PM	BUMPY RIDE NELSON 7:15 PM-6:00PM	FULL BODY TONNING NASSER 11:00 AM -12:00PM	YOGA NADIYA 6:30 PM-7:30PM
	ABS PETER 6:00 PM-7:00PM	BOLLY FUNK MR D 8:30 PM -9:30PM	FULL BODY TONNING NASSER 7:15 PM -8:15PM	KICK BOXING RYAN MR KAMPALA 8:30 PM -9:30 PM	FENCING KIDS JUDE 11:00 AM -12:00PM	
	BUMPY RIDE NELSON 7:15 PM-8:15PM				KICK BOXING RYAN 1:00 PM -3:00PM	
	WEIGHT LOSS PROGRAM RYAN MR KAMPALA 8:30 PM-9:30PM				TAP DANCING 12:00 AM -1:00PM	
					BALLET 3:00PM -4:00PM	
					KARATE KIDS OPIO JAMES 4:00PM -5:00PM	
					HIP HOP KENNITH 5:30PM -7:00PM	
					BOLLY FUNK MR D 7:45 PM -9:00PM	