

IGNITE MILITARY BOOTCAMP TIMETABLE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	PALM DAWN PATROL PALM RUNNING TRACK 6:00 - 7:00 AM		PALM DAWN PATROL PALM RUNNING TRACK 6:00 - 7:00 AM		PALM DAWN PATROL PALM RUNNING TRACK 6:00 - 7:00 AM		
7:00 am						IGITE BOOT CAMP SILICON OASIS 7:00 - 8:00 AM	

EVENING BOOT CAMPS TIMETABLE

5:00 pm							MOTOR CITY BOOT CAMP ATRIUM BUILDING ROOFTOP 5:00 - 6:00 PM
6:30 pm					SPRINGS BOOTCAMP THE SPRINGS 15, Street 4 6:30 - 7:30 PM		
7:15 pm	SPRINGS BOOTCAMP THE SPRINGS 15, Street 4 7:15 - 8:15 PM		SPRINGS BOOTCAMP THE SPRINGS 15, Street 4 7:15 - 8:15 PM				
7:00 pm		MOTOR CITY BOOT CAMP ATRIUM BUILDING ROOFTOP 7:00 - 8:00 PM		MOTOR CITY BOOT CAMP ATRIUM BUILDING ROOFTOP 7:00 - 8:00 PM			MOTOR CITY BOOT CAMP ATRIUM BUILDING ROOFTOP 7:00 - 8:00 PM
7:30 pm	PALM NIGHT OPS PALM RUNNING TRACK 7:30 - 8:30 PM		PALM NIGHT OPS PALM RUNNING TRACK 7:30 - 8:30 PM				

PALM DAWN PATROL	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah	Sunday & Tuesday @ 6 AM
SPRINGS	Springs 15, Street 4 (Park)	Sunday & Tuesday 7:15 PM - Thursday 6:30 PM
SILICON OASIS	Behind the large Spinneys by the Cedre shopping centre	Sunday & Tuesday @ 6 AM
MOTOR CITY	Atrium building rooftop	Monday, Wednesday, Saturday 7pm
PALM NIGHT OPS	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah	Sun, Mon, Tues, Wed @ 7:30 PM

IGNITE GROUP EX CLASSES

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM				YOGA OCEANA BEACH CLUB 7:30 - 8:30 AM			
		BOX-FIT PALM RUNNING TRACK 7:30 - 8:30 AM	YOGA RIVA BEACH CLUB 7:30 - 8:30 AM	BOX-FIT PALM RUNNING TRACK 7:30 - 8:30 AM			

RIVA BEACH CLUB	Group meet on the beach - STARTING 16th Jan 2018	Ashtanga Flow
OCEANA BEACH CLUB	Group meet on the pool side decking - STARTING 17th Jan 2018	Hatha Flow

For more information –
 Call +971 (0)4 456 2482
 Email – info@ignite-wellness.com