



SCHEDULE

EFFECTIVE 02.03.2020

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-9pm

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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 RAMA 6:30AM-7:30AM	KOONA DANCE FELIX 6:30AM-7:30AM	BATTLE TYRE SESSION NASSER 6:30 AM-7:30AM	BOOT CAMP RAMA 6:00 AM -7:30AM	BUMPY RIDE NEWTON 9:00 AM - 10:30AM	
KARATE OPIO 5:00 PM-6:00PM	KOONA DANCE FELIX 10:30 AM-11:30AM	KARATE OPIO 5:00 PM-6:00PM	KOONA DANCE FELIX 10:30 AM-11:30AM	HOUR GLASS BODY WORK OUT 10:00AM -11:00AM	TAP DANCING DAVE 12:00 PM -1:00PM	
KYEWAGGULA RITER CEON 12:30 PM -01:30PM	KYEWAGGULA BRIAN 12:30 PM -01:30PM	TAE-BO (HIGH IMPACT) PETER 6:00 PM -7:00PM	KYEWAGGULA RITER CEON 12:30 PM -01:30PM	KYEWAGGULA BRIAN 12:30 PM -01:30PM	KICK BOXING RYAN 1:00 PM -3:00PM	
AERO / STEP PETER 6:00 PM -7:00PM	KOONA DANCE FELIX 5:00 PM-6:00PM	FULL BODY TONNING NASSER 7:15PM-8:15PM	KOONA DANCE FELIX 6:00 PM -7:00PM	CIRCUIT WORKOUT PETER 6:00 PM-7:00PM	BALLET DAVE 3:00PM -4:00PM	
BOMBER RIDE NEWTON 7:15 PM-8:15PM	ABS PETER 6:00 PM-7:00PM		SABULA DANCE COMBAT 7:15PM -8:15PM	ABS WORKOUT CLASS 5:00 PM -6:00PM	KARATE KIDS OPIO JAMES 4:00PM -5:00PM	
	BUMPY RIDE NELSON 7:15 PM-8:15PM			BUMPY RIDE NEWTON 7:15 PM-8:15PM	HIP HOP KENNITH 5:30PM -7:00PM	