

MAISHA FITNESS SCHEDULE 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00HRS — 07:00HRS	 Afrikatika KEEPING YOU FIT	Morning Express  AQUA FITNESS 	Spinning 	AQUA FITNESS  KICK BOXING 	 Pilates	
	 1100HRS Hatha Yoga <hr/> 1300HRS AEROTONE 		1130HRS — 1245HRS  Hatha & Ashtanga Vinyasa Yoga	1300HRS Rumba DANCE  	 1100HRS Hatha Yoga <hr/> 1300HRS Aerobics 	1030HRS — 1130HRS FITNESS COMBO
18:00HRS — 19:00HRS	HIT2fit	KICK BOXING 	 1700HRS Pilates <hr/>  mzuqa dance fitness	AQUA FITNESS  Spinning 	FitQuest fusion 	



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