

# MAISHA FITNESS SCHEDULE 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>06:00HRS — 07:00HRS</b>		<b>Morning Express</b>   <b>AQUA FITNESS</b>	<b>Spinning</b> 	 <b>AQUA FITNESS</b>  <b>KICK BOXING</b>	 <b>Pilates</b>	
	 <b>1100HRS Hatha Yoga</b> <hr/> <b>1300HRS AEROTONE</b> 		<b>1130HRS — 1245HRS</b>  <b>Hatha &amp; Ashtanga Vinyasa Yoga</b>		 <b>1100HRS Hatha Yoga</b> <hr/> <b>1300HRS Aerobics</b> 	<b>1030HRS — 1130HRS</b> <b>FITNESS COMBO</b>
<b>18:00HRS — 19:00HRS</b>	<b>HIIT2fit</b>	 <b>KICK BOXING</b>	 <b>1700HRS Pilates</b> <hr/>  <b>mzuqa dance fitness</b>	 <b>AQUA FITNESS</b>   <b>Spinning</b>	<b>Rumba FITNESS</b>  	



**DON'T  
QUIT**



**NAIROBI SERENA  
HOTEL**

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