

## ENERGY

\* 30 min class \*\* 45 min class

	M	T	W	T	F	S
9	<b>B.COMBAT</b> ELIE	<b>B.PUMP</b> WASSIM	B.STEP ELIE	<b>B.COMBAT</b> SEVAG	<b>BOOTCAMP</b> MYRIAM**	
9:30						
10	<b>CARDIO</b> <b>SCULPT</b> ELIE		<b>CUTS AND</b> <b>CURVES</b> ELIE	<b>B.PUMP</b> SEVAG	<b>BUTTS</b> <b>N'GUTS</b> MYRIAM**	<b>B.PUMP</b> MIRA
11					<b>STRETCH</b> <b>N'ROLL</b> MYRIAM	
5			<b>SHAPE UP</b> ELIE	<b>CARDIO</b> <b>SCULPT</b> ELIE		
6	<b>B.PUMP</b> SEVAG	<b>POUND</b> RITA	B.STEP ELIE	<b>CUTS AND</b> <b>CURVES</b> ELIE		
6:30					<b>GRIT</b> * <b>STRENGTH</b> WASSIM	
7	<b>B.COMBAT</b> SEVAG	<b>BOOTCAMP</b> MYRIAM**	<b>B.PUMP</b> VALERIE	<b>B.COMBAT</b> SEVAG	<b>SIXPAX</b> * WASSIM	
8	<b>IRON CORE</b> WASSIM **	<b>STRETCH</b> <b>N'ROLL</b> MYRIAM		<b>SIXPAX</b> * SEVAG		

## BALANCE

\*\*\*90 min class

	M	T	W	T	F	S
9						<b>POWER</b> * <b>PILATES</b> * ROUANE *
10			<b>BELLY</b> <b>DANCE</b> MICH0	<b>LATINO</b> ASADOUR		
10:30						<b>STRETCH</b> * ROUANE
11	<b>PILATES</b> PAULA		<b>YOGA</b> TATIANA ***	<b>PILATES</b> PAULA		
12	<b>STRETCH</b> PAULA					
5:30				<b>YOGA</b> *** KATIA		
6	<b>STRETCH &amp;</b> <b>MOBILITY</b> CYNTHIA				<b>YOGA</b> TATIANA ***	
7	<b>BELLY</b> <b>DANCE</b> PATRICIA	<b>YOGA</b> *** KATIA	<b>PILATES</b> ZIAD			

## POWER

\* 30 min class \*\* 45 min class

	M	T	W	T	F	S
10		<b>RPM</b> ** WASSIM				
11						<b>RPM</b> ** MIRA
6		<b>RPM</b> ** MYRIAM				
7	<b>RPM</b> ** WASSIM			<b>SPINNING</b> ELIE **		
7:30					<b>LIVE</b> <b>SPINNING</b> WASSIM	
8			<b>RPM</b> ** VALERIE			