

DBAYEH MAR 2019

ENERGY

* 30 min class ** 45 min class

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

BALANCE

***90 min class

	M	T	W	T	F	S
9						POWER * PILATES * ROUANE *
10			BELLY DANCE MICH0			
10:30						STRETCH * ROUANE
11	PILATES PAULA		YOGA TATIANA ***	PILATES PAULA		
12	STRETCH PAULA					
5:30				YOGA *** KATIA		
6	STRETCH & MOBILITY CYNTHIA				YOGA TATIANA ***	
7	BELLY DANCE PATRICIA	YOGA *** HISHAM	PILATES ZIAD			

POWER

* 30 min class ** 45 min class

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