

BAABDA MAR 2019

ENERGY

* 30 min class ** 45 min class

	M	T	W	T	F	S
8:30		SIXPAX * ELIE				
9	IRON CORE ** MANSOUR	B.STEP ELIE	IRON CORE MOE R.**		B.PUMP ROBERT	
9:30						SIXPAX * ELIE
10	B.PUMP MANSOUR	CARDIO SCULPT ELIE	B.COMBAT MOE R.	CIRCUIT TRAINING VALERIE **		B.PUMP ELIE
11			PILARDIO ROUANE	PILARDIO ROUANE		
12			STRETCH * ROUANE	STRETCH * ROUANE		
5	CARDIO SCULPT ELIE	IRON CORE MANSOUR **				
6	CUTS AND CURVES ELIE	B.PUMP MOE R.	BOOTCAMP MYRIAM**	SHAPE UP MIRA	B.STEP ELIE	
6:30						
7	B.ATTACK ELIE	BUTTS N'GUTS DOLLY	B.COMBAT AYA	POUND RITA	CUTS AND CURVES ELIE	
8	B.PUMP ROBERT	PILARDIO * STRETCH * ROUANE *		PILARDIO * STRETCH * ROUANE *	SIXPAX * ELIE	

BALANCE

* 30 min ***90 min class

	M	T	W	T	F	S
9:30		YOGA *** HISHAM				
10			AQUA GYM MAY	BELLY DANCE PATRICIA	YOGA *** KATIA	PILATES GHADA
11		LATINO ASADOUR			AQUA GYM MAY at 10:30	STRETCH * GHADA
5:30	YOGA *** KATIA					
6			BELLY DANCE MICH0	ZUMBA RITA	BELLY DANCE MICH0	
7	AQUA GYM MARIO					
7	SWISS CORE ZIAD	ZUMBA RITA	PILATES ROUANE	YOGA *** TATIANA	YOGA *** HISHAM	
8	LATINO JIMMY		STRETCH * ROUANE	AQUA GYM MARIO		

POWER

* 30 min class ** 45 min class

	M	T	W	T	F	S
9				SPINNING VALERIE **		
10					RPM ROBERT **	
11	RPM ** MANSOUR					SPINNING ELIE **
6					SPINNING MOE R.**	
7	RPM XTREME ROBERT	RPM ** MOE R.	RPM ** MYRIAM	RPM XTREME MIRA		