

BEIRUT SOUKS MAR 2020

ENERGY

* 30 min class ** 45 min class

	M	T	W	T	F	S
8:30						
9			B.PUMP SEVAG		CARDIO SCULPT WASSIM	
9:30						
10	IRON CORE ** BADER		SIXPAX SEVAG			
11						
5					B.PUMP MIRA	
5:30	SIXPAX* JAD	SIXPAX * SEVAG				
6	BOOTCAMP MYRIAM**	B.COMBAT SEVAG	B.PUMP MOE R.	SIXPAX * JAD		
6:30				POUND JAD		
7	B.PUMP MYRIAM	CARDIO SCULPT ELIE		B.COMBAT STEVEN	SIXPAX* MIRA	
8			IRON CORE ** MOE R.	B.PUMP ROBERT		

BALANCE

	M	T	W	T	F	S
9:30						
10						
11						
5:30			YOGA *** LAYAL			
6					YOGA *** LAYAL	
7	BELLY DANCE MICHO	POWER PILATES HIYAM		B.BALANCE JAD		
7						
8		STRETCH HIYAM				

POWER

* 30 min class ** 45 min class

	M	T	W	T	F	S
9	RPM ** BADER					
10					SPINNING ** WASSIM	RPM ** ROBERT
11						
6	RPM ** JAD	SPINNING ELIE **			RPM ** MIRA	
7			RPM ** MOE R.	RPM ** ROBERT		