

# HAMRA FEB 2019

## ENERGY

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

	M	T	W	T	F	S
9		CARDIO SCULPT MJAY		SHAPE UP MIRA **	B.COMBAT MJAY	
9:30						SIXPAX * MJAY
10	B.COMBAT MIRA		B.PUMP ROBERT		B.PUMP MJAY	B.PUMP MJAY
10:30						
5	B.PUMP RANA H.					B.PUMP NADIM
6	B BALANCE RANA H.	SHAPE UP MIRA	B.COMBAT RANA H.	B.PUMP WASSIM	POUND JAD	B.COMBAT NADIM
7	B.COMBAT MJAY	B.PUMP VALERIE	B.PUMP RANA H.	B.ATTACK MJAY		
8	B.PUMP MJAY	SIXPAX VALERIE	SIXPAX MJAY	IRON CORE MJAY		
					S / 10	B.COMBAT RANA H.

## BALANCE

\*\*\*90 min class

	M	T	W	T	F	S
10					YOGA *** HISHAM	
11	STRETCH GEORGES	POWER PILATES ROUANE	YOGA *** HISHAM	PILATES GHADA		
12		STRETCH * ROUANE		STRETCH * GHADA		
5			LATINO ASADOUR			
5:30		YOGA *** MAISA				
6			POWER PILATES IMAN	YOGA *** HISHAM		
7	PILATES GHADA	STRETCH GHADA			B BALANCE JAD	
7:30				ZUMBA SALLY & BASMA		
8		BELLY DANCE PATRICIA				

## POWER

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

	M	T	W	T	F	S
10		RPM ** MJAY		RPM** MIRA		
11						SPINNING MJAY **
6						
7	RPM ** BADER	RPM** MIRA	SPINNING MJAY **	RPM ** WASSIM		
8						