

ENERGY 

* 30 min class ** 45 min class

	M	T	W	T	F	S
9	B.PUMP WASSIM	IRON CORE MOE.R	B.STEP ELIE	B.PUMP ROBERT	CARDIO SCULPT ELIE **	PILARDIO ROUANE
9:30						
10	B.COMBAT WASSIM	B.PUMP MOE R.	CUTS AND CURVES ELIE			
11	SIXPAX * WASSIM					
5						
6	BUTTS N'GUTS DOLLY	B PUMP ROBERT	CARDIO SCULPT ELIE **	B.PUMP SEVAG	CIRCUIT TRAINING BADER **	
6:30						
7	BOOTCAMP BADER			B.COMBAT SEVAG		
8						

BALANCE 

***90 min class

	M	T	W	T	F	S
9						
10	B.BALANCE JUDY	AQUA GYM CARLA	PILATES PAULA	BELLY DANCE MICHO		
10:30						
11	H.YOGA *** LAYAL	PILATES GHADA		H.YOGA *** HISHAM		STRETCH ROUANE
12						
6	PILATES CARLA	BELLY DANCE PATRICIA			ZUMBA RITA	
7					AQUA GYM MARIO	
7		H.YOGA *** HISHAM	AQUA GYM MARIO		PILATES ROUANE	

POWER 

* 30 min class ** 45 min class

	M	T	W	T	F	S
10				RPM** ROBERT	SPINNING ELIE **	TONE & SPIN ROUANE
11						
6						
7		RPM** ROBERT	SPINNING ELIE **		RPM** BADER	
7:30						
8	RPM** BADER					