

BEIRUT SOUKS APR 2019

ENERGY

* 30 min class ** 45 min class

	M	T	W	T	F	S
8:30						
9		SHAPE UP MIRA	B.PUMP SEVAG		CARDIO SCULPT ELIE	
9:30						
10	IRON CORE ** VALERIE		SIXPAX SEVAG			
5					B.PUMP MIRA	
5:30	SIXPAX * JAD	SIXPAX * SEVAG				
6:00	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	BUTTS N'GUTS MYRIAM **		IRON CORE ** MOE R.	B.PUMP ROBERT		

BALANCE

** 45 min class ***90 min class

	M	T	W	T	F	S
9						
5						
5:30			YOGA *** KATIA			
6		ZUMBA SALLY & BASMA			YOGA *** KATIA	
7	BELLY DANCE MICHO	PILATES HIYAM		B.BALANCE JAD		
8		STRETCH HIYAM				

POWER

* 30 min class ** 45 min class

	M	T	W	T	F	S
9	RPM ** VALERIE			RPM ** BADER		
9:30						
10		RPM ** MIRA			SPINNING ELIE **	
11						RPM ** ROBERT
6	RPM ** JAD	SPINNING ELIE **			RPM ** MIRA	
7			RPM ** MOE R.	RPM ** ROBERT		