

ENERGY

* 30 min class ** 45 min class

	M	T	W	T	F	S
9	B.COMBAT ELIE	B.PUMP WASSIM	B.STEP ELIE	B.COMBAT SEVAG	BUTTS N'GUTS MYRIAM**	
9:30						
10	CARDIO SCULPT ELIE		CUTS AND CURVES ELIE	B.PUMP SEVAG	BOOTCAMP MYRIAM**	B.PUMP ROBERT
11					STRETCH N'ROLL MYRIAM	
5			SHAPE UP ELIE	CARDIO SCULPT ELIE		
6	B.PUMP SEVAG	POUND RITA	B.STEP ELIE	CUTS AND CURVES ELIE	GRIT * STRENGTH WASSIM	
6:30					SIXPAX * WASSIM	
7	B.COMBAT SEVAG	BOOTCAMP MYRIAM**	B.PUMP ROBERT	B.COMBAT SEVAG		
8	IRON CORE WASSIM **	STRETCH N'ROLL MYRIAM		SIXPAX * SEVAG		

BALANCE

***90 min class

	M	T	W	T	F	S
9						POWER * PILATES * ROUANE *
10			BELLY DANCE MICHO	LATINO ASADOUR		
10:30						STRETCH * ROUANE
11	PILATES PAULA	B.BALANCE VALERIE	YOGA TATIANA ***	PILATES PAULA		
5:30				YOGA KATIA ***		
6	STRETCH & MOBILITY CYNTHIA		LATINO SEIF		ZUMBA RITA	
7	BELLY DANCE PATRICIA	YOGA KATIA ***	PILATES ZIAD		YOGA TATIANA ***	
8						

POWER

* 30 min class ** 45 min class

	M	T	W	T	F	S
9						
10		LIVE SPINNING WASSIM				
11						RPM** ROBERT
6		RPM** MYRIAM				
7	RPM ** WASSIM			SPINNING ELIE **	LIVE ** SPINNING WASSIM	
8			RPM** ROBERT			