

## 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 REEM      |
| 6     | B BALANCE RANA H. | SHAPE UP MIRA      | B.COMBAT RANA H. | B.PUMP WASSIM    | POUND JAD     | B.COMBAT REEM    |
| 7     | B.COMBAT MJAY     | TABATA VALERIE     | B.PUMP RANA H.   | B.ATTACK MJAY    |               |                  |
| 8     | B.PUMP MJAY       | IRON CORE 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  |              |             |                  |               | RPM ** MJAY |                  |
| 7  | RPM ** BADER | RPM** MIRA  | SPINNING MJAY ** | RPM ** WASSIM |             |                  |
| 8  |              |             |                  |               |             |                  |