

HAMRA MAR 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 WASSIM
6	B BALANCE RANA H.	SHAPE UP MIRA	B.COMBAT RANA H.	B.PUMP WASSIM	POUND JAD	B.COMBAT WASSIM
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					RPM ** MJAY	
7	RPM ** BADER	RPM** MIRA	SPINNING MJAY **	RPM ** WASSIM		
8						