

ABC JUNE 2019

ENERGY

* 30 min class ** 45 min class

	M	T	W	T	F	S
8						
8:30						
9		CARDIO SCULPT CHADI	TABATA VALERIE	H.YOGA *** TATIANA		B.PUMP MOE R.
9:30						
9:45						
10	B.PUMP ROBERT	IRON CORE CHADI			PILARDIO ROUANE	
11	PILARDIO ROUANE			IRON CORE WASSIM	STRETCH * ROUANE	
12	STRETCH * ROUANE					
5:30				SIXPAX * VALERIE		
6	B.PUMP AYA	B.PUMP JAD	SHAPE UP MIRA	B.PUMP MOE R.	PILARDIO ROUANE	
6:30						
7	B.ATTACK AYA	GRIT * CARDIO JAD	B.PUMP MIRA	B.COMBAT MOE R.	LATINO ASADOUR	
7:30		SIXPAX * JAD				
8	IRON CORE ** MOE R.		PILATES CAROLE			

POWER

* 30 min class ** 45 min class

	M	T	W	T	F	S
8:30						
9	RPM ** ROBERT					
10			SPINNING VALERIE			RPM ** MOE R.
10:30						
11						
6				RPM ** VALERIE		
6:30						
7	RPM ** MOE R.	RPM ** BADER			RPM ** ROBERT	
7:30						
8						