

## ENERGY

\* 30 min class \*\* 45 min class

	M	T	W	T	F	S
8:30		SIXPAX * ELIE				
9	IRON CORE MANSOUR **	B.STEP ELIE	IRON CORE MOE R.**		CIRCUIT TRAINING VALERIE	
9:30						SIXPAX * ELIE
10	B.PUMP MANSOUR	CARDIO SCULPT ELIE	B.COMBAT MOE R.	IRON CORE VALERIE **		B.PUMP ELIE
11			PILARDIO ROUANE	PILARDIO ROUANE		
12				STRETCH * ROUANE		
5	CARDIO SCULPT ELIE	IRON CORE MANSOUR **				
6	CUTS AND CURVES ELIE	B.PUMP MOE R.	BOOTCAMP MYRIAM**	SHAPE UP MIRA	B.COMBAT ELIE	
6:30						
7	B.ATTACK ELIE	CARDIO SCULPT DOLLY	B.COMBAT AYA	POUND RITA	CUTS AND CURVES ELIE	
8	IRON CORE VALERIE **	PILARDIO STRETCH * ROUANE *		PILARDIO STRETCH * ROUANE *	SIXPAX * ELIE	

## BALANCE

\* 30 min \*\*\*90 min class

	M	T	W	T	F	S
9:30		YOGA *** HISHAM				
10			AQUA GYM MAY	BELLY DANCE PATRICIA	YOGA *** KATIA	PILATES GHADA
11		LATINO ASADOUR			AQUA GYM MAY at 10:30	STRETCH * GHADA
5:30	YOGA *** KATIA					
6			BELLY DANCE MICH0	ZUMBA RITA	BELLY DANCE MICH0	
7	AQUA GYM MARIO					
7	SWISS CORE ZIAD	ZUMBA RITA	PILATES ROUANE	YOGA *** TATIANA	YOGA *** HISHAM	
8	LATINO JIMMY		STRETCH ROUANE	AQUA GYM MAY		

## POWER

\* 30 min class \*\* 45 min class

	M	T	W	T	F	S
9				RPM ** VALERIE		
10					SPINNING VALERIE **	
11	RPM ** MANSOUR					SPINNING ELIE **
6					SPINNING MOE R.**	
7	RPM XTREME VALERIE	RPM ** MOE R.	RPM ** MYRIAM	RPM XTREME MIRA		