

ENERGY

* 30 min class ** 45 min class

	M	T	W	T	F	S
9	B.PUMP MIRA	CARDIO SCULPT MJAY	B.PUMP ROBERT	IRON CORE MIRA **	B.COMBAT MJAY	
9:30						SIXPAX * MJAY
10	B.COMBAT MIRA			B.PUMP MIRA	B.PUMP MJAY	B.PUMP MJAY
10:30						
5	B.PUMP RANA H.				B.PUMP VALERIE	B.PUMP NADIM
6	IRON CORE ROBERT	SHAPE UP MIRA	B.COMBAT RANA H.	B.PUMP WASSIM	POUND JAD	B.COMBAT NADIM
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				
5			LATINO ASADOUR			
5:30		YOGA *** MAYA				
6	B BALANCE RANA H.		POWER PILATES IMAN	YOGA *** HISHAM		
7	PILATES GHADA	STRETCH GHADA			B BALANCE JAD	
7:30				ZUMBA STEPHANIE		
8		BELLY DANCE PATRICIA				

POWER

* 30 min class ** 45 min class

	M	T	W	T	F	S
10		RPM ** MJAY	RPM ** ROBERT			
11						SPINNING MJAY **
6					RPM ** VALERIE	
7	RPM ** ROBERT	RPM ** MIRA	SPINNING MJAY **	RPM ** WASSIM		
8						