

# VERDUN DEC 2018

## ENERGY

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

	M	T	W	T	F	S
9	<b>CARDIO SCULPT</b> HASSAN	<b>IRON CORE</b> MANSOUR	<b>B.PUMP</b> MIRA	<b>CARDIO SCULPT</b> ELIE	<b>TABATA</b> DOLLY	
9:30						
10		<b>B.COMBAT</b> MANSOUR	<b>IRON CORE</b> CHADI	<b>COMBO</b> ELIE	<b>IRON CORE</b> CHADI	<b>B.PUMP</b> WASSIM
11			<b>PILATES STRETCH</b> GHADA ***			
12				<b>LATINO</b> ASADOUR		
5						
5:30						
6	<b>SHAPE UP</b> MIRA	<b>B.PUMP</b> AYA	<b>B.BALANCE</b> JAD		<b>PILARDIO</b> ROUANE **	
7	<b>B.PUMP</b> MIRA	<b>B.COMBAT</b> AYA	<b>BUTTS N'GUTS</b> DOLLY	<b>TABATA</b> DOLLY		
8		<b>SIXPAX</b> REEM *	<b>LATINO</b> JIMMY	<b>ZUMBA</b> SALLY		

## BALANCE

\* 30 min class \*\* 45 min class \*\*\*90 min class

	M	T	W	T	F	S
10				<b>AQUA GYM</b> MAY		
11	<b>STRETCH</b> RANA KH.	<b>BELLY DANCE</b> JEAN D'ARC	<b>TRX</b> CHADI	<b>STRETCH</b> RANA KH.	<b>TRX</b> CHADI	
12		<b>***</b> <b>YOGA</b> KATIA			<b>***</b> <b>YOGA</b> HISHAM	
12:30						<b>***</b> <b>YOGA</b> WAFI
5:30				<b>***</b> <b>YOGA</b> WAFI		
6		<b>PILATES</b> REEM		<b>TRX</b> CHADI		
7					<b>AQUA GYM</b> MARIO	
8	<b>***</b> <b>YOGA</b> HISHAM					

## POWER

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

	M	T	W	T	F	S
10	<b>SPINNING</b> HASSAN **					
11						<b>RPM **</b> WASSIM
6						
7		<b>RPM **</b> REEM				
8	<b>RPM **</b> MIRA					