

BEIRUT SOUKS JUNE 2019

ENERGY

* 30 min class ** 45 min class

	M	T	W	T	F	S
8:30						
9		SHAPE UP MIRA	B.PUMP SEVAG		CARDIO SCULPT ELIE	
9:30						
10	IRON CORE** VALERIE		SIXPAX SEVAG			
5					B.PUMP MIRA	
5:30	SIXPAX* JAD	SIXPAX* SEVAG				
6:00	BOOTCAMP MYRIAM**	B.COMBAT SEVAG	B.PUMP MOE R.	SIXPAX* JAD		
6:30				POUND JAD		
7	B.PUMP MYRIAM	CARDIO SCULPT ELIE		B.COMBAT STEVEN	SIXPAX* MIRA	
8	BUTTS N'GUTS MYRIAM**		IRON CORE** MOE R.	B.PUMP ROBERT		

BALANCE

** 45 min class ***90 min class

	M	T	W	T	F	S
9						
5						
5:30			YOGA*** KATIA			
6		ZUMBA SALLY & BASMA			YOGA*** KATIA	
7	BELLY DANCE MICHO	POWER PILATES HIYAM		B.BALANCE JAD		
8		STRETCH HIYAM				

POWER

* 30 min class ** 45 min class

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