

VERDUN APR 2019

ENERGY

* 30 min class ** 45 min class

	M	T	W	T	F	S
9	B.PUMP MOE R.	IRON CORE MANSOUR	B.PUMP MIRA	CARDIO SCULPT ELIE	TABATA DOLLY	
9:30						
10		B.COMBAT MANSOUR	IRON CORE CHADI	COMBO ELIE	IRON CORE CHADI	B.PUMP WASSIM
11			PILATES STRETCH GHADA***			
12				LATINO ASADOUR		
5						
5:30						
6	SHAPE UP MIRA	B.PUMP AYA			IRON CORE CHADI	
7	B.PUMP MIRA	B.COMBAT AYA	BUTTS N'GUTS DOLLY	TABATA DOLLY		
8	SIXPAX MIRA	SIXPAX * REEM	ZUMBA SALLY & BASMA			

BALANCE

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

	M	T	W	T	F	S
10				AQUA GYM MAY		
11	STRETCH RANA KH.	BELLY DANCE MICHIO	TRX CHADI	STRETCH RANA KH.	TRX CHADI	
12		*** YOGA KATIA			YOGA *** HISHAM	
12:30						*** YOGA WAFIA
5:30		AQUA GYM MAY				
6		PILATES CAROLE		TRX CHADI		
7						
8	YOGA *** HISHAM					

POWER

* 30 min class ** 45 min class

	M	T	W	T	F	S
10	SPINNING MOE R. **					
11						RPM ** WASSIM
6			RPM ** JAD			
7		RPM ** REEM				
8						