

BEIRUT SOUKS DEC 2018

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				PILARDIO ROUANE		
10	IRON CORE ** VALERIE		SIXPAX SEVAG			
5					B.PUMP MIRA	
5:30	SIXPAX* JAD	SIXPAX* MJAY				
6:00	BOOTCAMP MYRIAM**	B.COMBAT MJAY	B.PUMP MOE R.	POUND JAD		
6:30				SIXPAX* JAD		
7	B.PUMP MYRIAM	CARDIO SCULPT ELIE		B.COMBAT STEVEN	SIXPAX* MIRA	
8	BUTTS N'GUTS MYRIAM**		IRON CORE ** MOE R.	IRON CORE ** ROBERT		

BALANCE

** 45 min class ***90 min class

	M	T	W	T	F	S
10						
5						
5:30			YOGA *** KATIA			
6		ZUMBA MIA			YOGA *** KATIA	
7	BELLY DANCE MICHO	PILATES HIYAM		B.BALANCE JAD		
8		STRETCH HIYAM				

POWER

* 30 min class ** 45 min class

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