

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45 to 8:45						
8:00 to 9:00			STRETCHING Rana			
8:30 to 9:30				STRETCHING Rana		
8:45 to 9:50		BODY SCULPT Carmen				
9:00 to 10:00	Pilates Mila		Body Joyce		PUMP UP Elie	
9:30 to 10:00				(ABS) Joyce		
10:00 to 11:00	CIRCUIT CLASS Joyce	FIT KILLER Joyce	Belly. Dance Jeanine	BODY SCULPT Carmen	Pilates Mila	Body Cynthia
						TOPRIDE Ihab
11:00 to 12:00					Belly. Dance Jeanine	LSOUND Mohmad & Maya
17:00 to 18:00		LSOUND Mohmad & Maya				
17:20 to 17:50	CARDIO KILLER Mohamad					
18:00 to 19:00	STEEL TRAINING Samer & Rahif	TOPRIDE Ihab	TOPRIDE Ihab	TOPRIDE Ihab	Body Mohamad	
	TOPRIDE Ihab	BODY SCULPT Carmen	FIT KILLER Joyce	Belly. Dance Jeanine		
19:00 to 19:30		(ABS) Mohamad		(ABS) Mohamad		
19:00 to 20:00	STEEL CORSA Samer & Rahif		TONING Mohamad		STEEL CORSA Samer & Rahif	
19:30 to 20:30		yoga Nicole		yoga Nicole		
20:00 to 21:00	STRETCHING Rana		ZUMBA Antonia		ZUMBA Antonia	
20:30 to 21:30		Body Cynthia		LSOUND Mohamad & Maya		
21:00 to 22:00	ZUMBA Antonia		STRETCHING Rana			
21:30 to 22:30		Belly. Dance Jeanine				