

E N E R G Y Z O N E

		M	T	W	TH	F	S	S	
	9:00		BODYPUMP MIRA		GRITSTRENGTH MJAY	CARDIOSCULPT ELIE			
	9:30	SIXPAX VALERIE							
	10:00		BODYCOMBAT MIRA	IRON CORE MJAY	CARDIOSCULPT MJAY	BODYSTEP ELIE	BODYPUMP MIRA		
	17:00					BODYPUMP MIRA			
	18:00	BODYPUMP MIRA	BODYCOMBAT MJAY	IRON CORE MYRIAM	GRITSTRENGTH JAD				
	18:30				SIXPAX JAD				
	19:00	BODYATTACK MIRA	BODYPUMP ELIE	BODYSTEP MOE	BODYPUMP RANIME	SIXPAX MIRA			
	20:00	IRON CORE JAD		BODYPUMP MOE					

B A L A N C E Z O N E

		M	T	W	TH	F	S	S	
	8:00								
	9:00								
	10:00	BODYBALANCE VALERIE							
	11:00		SWISS CORE ROUANE		PILATES NATHALIA				
	17:30								
	18:00	BELLY DANCE PIERRE				HATHA YOGA LAYAL			
	19:00	HATHA YOGA HISHAM	PILATES HIYAM	LATINO MARWAN					
	20:00				BODYBALANCE JAD				

R P M Z O N E

		M	T	W	TH	F	S	S	
	9:00	RPM SPRINT VALERIE		RPM MJAY					
	10:00								
	11:00						RPM MIRA		
	18:00		SPINNING ELIE			RPM MIRA			
	19:00	RPM REEM		RPM MYRIAM	RPM JAD				
	20:00								

Please note that the dark frames are the classes that have been modified.