

FITNESS ZONE

MARCH 2016

HAMRA

ENERGY ZONE

M		T		W		TH		F		S		S	
7:00-8:00	8:30			SIXPAX ELIE									
	9:00	BODYPUMP MIRA		BODYSTEP ELIE	IRON CORE MIRA	BODYCOMBAT MJAY							
	9:30								SIXPAX MJAY				
	10:00	COMBO MIRA	GRITSTRENGTH MJAY	BODYPUMP ELIE		BODYPUMP MJAY	BODYPUMP MJAY	BODYCOMBAT RANA H.					
	10:30		SIXPAX MJAY										
	11:00					SIXPAX MJAY							
	17:00	BODYPUMP RANA S.	IRON CORE MIRA	LATINO ASADOUR		BODYPUMP VALERIE	BODYPUMP NADIM						
	18:00	BODYSTEP RANA S.	BODYPUMP MIRA	BODYCOMBAT RANA H.	BODYPUMP MOE	BODYJAM MJAY	BODYCOMBAT NADIM						
	19:00	BODYCOMBAT MJAY	BODYATTACK MOE	BODYPUMP RANA H.	BODYATTACK MJAY								
	20:00	BODYPUMP MJAY	BODYCOMBAT RANA S.	GRITSTRENGTH MJAY	IRON CORE MJAY								
	20:30			SIXPAX MJAY									

BALANCE ZONE

		M	T	W	TH	F	S	S	
	10:00	LATINO ASADOUR				HATHA YOGA HISHAM			
	11:00	STRETCH GEORGES	SWISS CORE GHADA	HATHA YOGA HISHAM	PILATES GHADA				
	17:30		HATHA YOGA MAYSSA						
	18:00	ZUMBA AMALE		POWER PILATES IMAN	HATHA YOGA HISHAM				
	19:00	PILATES GHADA	STRETCH GHADA	BODYBALANCE MARIA		BODYBALANCE JAD			
	19:30				SWISS CORE GHADA				
	20:00		BELLY DANCE JANINE						

RPM ZONE

Schedule								
	M	T	W	TH	F	S	S	
Time	9:00		RPM MJAY					
	10:00			RPM MIRA				
	11:00					RPM MJAY		
	18:00			RPM REEM	SPRINT VALERIE			
	19:00	RPM SAMI	RPM MIRA	RPM MJAY				
	20:00							