

# FITNESS ZONE

MARCH 2016  
KASLIK

## E N E R G Y   Z O N E

	M	T	W	TH	F	S	S	
9:00	<b>BODYCOMBAT</b> ELIE	<b>GRITSTRENGTH</b> VALERIE	<b>BODYPUMP</b> DANIELLE	<b>BODYSTEP</b> ELIE	<b>SIXPAX</b> MYRIAM			
9:30		<b>IRON CORE</b> VALERIE			<b>INSANITY</b> MYRIAM	<b>SIXPAX</b> MYRIAM		
10:00	<b>CARDIOSCULPT</b> ELIE			<b>BODYPUMP</b> ELIE		<b>BODYPUMP</b> MYRIAM		
17:00						<b>BODYPUMP</b> SEVAG		
18:00	<b>BODYPUMP</b> DANIELLE	<b>GRITSTRENGTH</b> MANSOUR	<b>BODYSTEP</b> ELIE	<b>IRON CORE</b> ELIE		<b>BODYCOMBAT</b> SEVAG		
18:30		<b>SIXPAX</b> MANSOUR						
19:00	<b>BODYCOMBAT</b> SEVAG.	<b>BODYATTACK</b> MANSOUR	<b>BODYPUMP</b> ELIE	<b>BODYATTACK</b> DANIELLE	<b>BODYPUMP</b> DANIELLE			
20:00	<b>IRON CORE</b> MYRIAM			<b>BODYPUMP</b> SEVAG				

## B A L A N C E   Z O N E

	M	T	W	TH	F	S	S	
10:30			<b>AQUA GYM</b> TONI		<b>BODYBALANCE</b> MYRIAM			
11:00	<b>PILATES</b> JULIE	<b>BELLY DANCE</b> PIERRE	<b>HATHA YOGA</b> DORIS	<b>SWISS CORE</b> JULIE		<b>PILATES</b> ZIAD		
18:00	<b>BODYBALANCE</b> MYRIAM	<b>SWISS CORE</b> JULIE	<b>HATHA YOGA</b> OLGA					
18:30					<b>HATHA YOGA</b> OLGA			
19:00	<b>AQUA GYM</b> TONI	<b>LATINO</b> ASADOUR						
19:30								
20:00				<b>BODYBALANCE</b> MARIA				

## R P M   Z O N E

	M	T	W	TH	F	S	S	
10:00			<b>RPM</b> DANIELLE					
10:30		<b>RPM</b> VALERIE						
11:00						<b>RPM</b> MYRIAM		
18:00					<b>RPM</b> DANIELLE			
19:00	<b>RPM</b> MYRIAM	<b>RPM</b> DANIELLE		<b>SPINNING</b> ELIE				
20:00			<b>RPM XTREME</b> DANIELLE					

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