

E N E R G Y Z O N E								
	M	T	W	TH	F	S	S	
8:30		SIXPAX ELIE						
9:00	IRON CORE MANSOUR	BODYSTEP ELIE	BODYPUMP MIRA		GRITSTRENGTH VALERIE			
9:30					SIXPAX VALERIE	SIXPAX ELIE		
10:00	BODYPUMP MANSOUR	CARDIOSCULPT ELIE	BODYCOMBAT MIRA	IRON CORE VALERIE		BODYPUMP ELIE		
10:30								
11:00			POWERPIILATES ROUANE	POWERPIILATES ROUANE				
17:00	CARDIOSCULPT ELIE	IRON CORE VALERIE				BODYPUMP MANSOUR		
18:00	BODYPUMP ELIE	COMBO VALERIE	GRITSTRENGTH JAD	BODYPUMP MYRIAM	BODYCOMBAT ELIE	BODYATTACK MANSOUR		
18:30			SIXPAX JAD					
19:00	BODYATTACK ELIE	BODYPUMP JAD	BODYCOMBAT AYA	GRITSTRENGTH VALERIE	BODYPUMP ELIE			
19:30				SIXPAX VALERIE				
20:00	IRON CORE VALERIE	POWERPIILATES ROUANE	BODYPUMP MIRA	POWERPIILATES ROUANE	SIXPAX ELIE			

B A L A N C E Z O N E								
	M	T	W	TH	F	S	S	
9:30		HATHA YOGA HISHAM						
10:00			AQUA GYM MAY	BELLY DANCE PIERRE	BODYBALANCE VALERIE	PILATES GHADA		
11:00		SWISS CORE NATHALIA				STRETCH GHADA		
17:30	HATHA YOGA LAYAL							
18:00		AQUA GYM MAY	BELLY DANCE PIERRE	HATHA YOGA LAYAL	BELLY DANCE PIERRE			
19:00	SWISS CORE ZIAD	LATINO MARWAN	BODYBALANCE JAD		HATHA YOGA HISHAM			
20:00	LATINO MARWAN	ZUMBA AMALE		AQUA GYM MAY				

R P M Z O N E								
	M	T	W	TH	F	S	S	
9:00				SPRINT VALERIE				
11:00	RPM MANSOUR					SPINNING ELIE		
18:00					RPM REEM			
19:00	SPRINT VALERIE		RPM MIRA	RPM MYRIAM				
20:00		RPM JAD						