

ID	cap	type	date	session
1	3	Yahya	2024-05-01	Muscu-training
47	4	Aziz	2024-04-28	pilate
48	4	Rayan	2024-05-05	pilate
49	5	Rayan	2024-05-04	cross fit
50	5	Aziz	2024-05-07	cross fit
51	2	Firas	2024-05-03	pilate
56	5	Yahya	2024-06-04	cross fit
57	4	Aziz	2024-06-05	Muscu-training
58	5	Rayan	2024-05-08	endurance
59	4	Firas	2024-05-03	hit
61	5	Yahya	2024-05-14	pilate