










# 2/2018

## GROUP EXERCISES SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
/ 6:30 AM / 7:30 AM			<b>SPRINT/CORE</b> Yousef				
/ 5:00 PM / 6:00 PM	 Thierry	 Katia	<b>CIRCUIT</b> Yousef	 30 mins each  Ayman			 Yousef
/ 6:00 PM / 7:00 PM	 Zeyad	 Osama	 Nagham	 Yousef			
/ 7:00 PM / 8:00 PM		<b>PILATES</b> (Ladies only) Aysel	<b>KANGOO JUMPS</b> (Ladies only) Hala	<b>STEP TAE BO</b> (Ladies only) Aysel			
	<b>YOGA</b> Frances	<b>KICKBOXING</b> Yousef Bin					<b>KICKBOXING</b> Yousef Bin