







# 2/2018

## GROUP EXERCISES SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
/ 5:30 PM / 6:30 PM		<b>CIRCUIT</b> Yousef					<b>KICKBOXING</b> Yousef Bin
/ 6:00 PM / 7:00 PM				 Zeyad			
/ 6:30 PM / 7:30 PM	<b>KANGOO JUMPS</b> (Ladies only) Hala	 Maria Christina	<b>ZUMBA</b> (Ladies only) Nadine				
/ 8:00 PM / 9:00 PM	 Claudia	<b>BODY BALANCE</b> Maria Christina	 Ciara	 30 mins each  Ayman			