
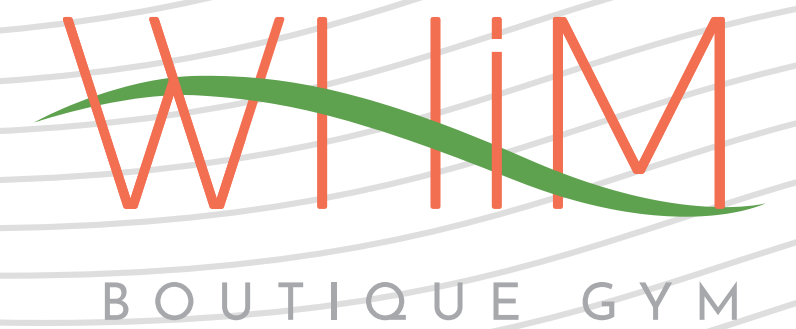


# GROUP EXERCISE TIMETABLE | LIGHTBOX





	MON	TUE	WED	THU	FRI	SAT
7:30						
8:30	 SHADI	 JOELLE			 MANSOUR	 MANSOUR
9:30			 MANSOUR	 FADI	 MANSOUR	
10:30						
16:15						
17:15						
18:00	 FADI	 MANSOUR	 SHADI	 MANSOUR		 GABI
19:30		 SHADI	 MANSOUR	 SHADI	 SHADI	
20:00						

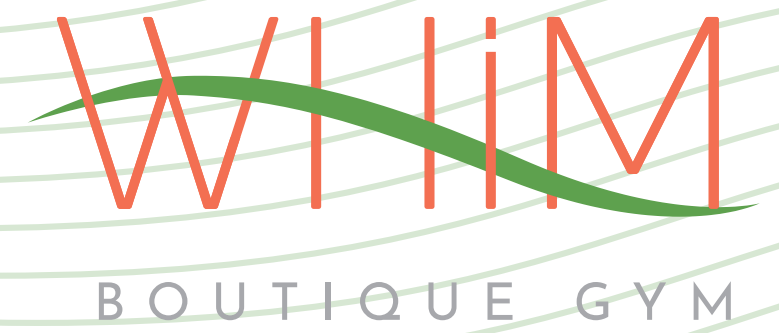


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# GROUP EXERCISE TIMETABLE | FLOWBOX

	MON	TUE	WED	THU	FRI	SAT
7:30						
8:30			 MONIQUE	 NATHALIA		
9:30		 SHREE				
10:30						
18:00				 ZOUBAIDA		
19:00						
19:30						
20:00						
20:15						



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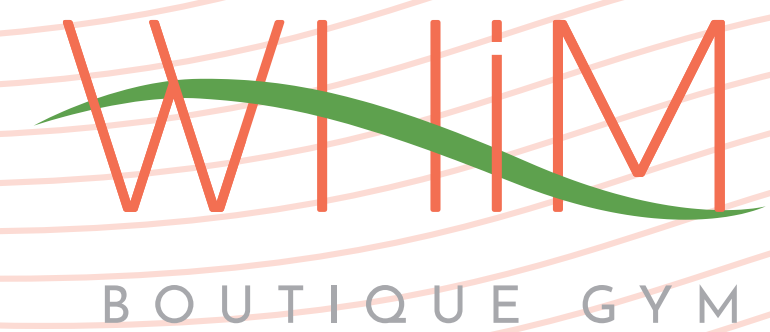
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# GROUP EXERCISE TIMETABLE | BLACKBOX















	MON	TUE	WED	THU	FRI	SAT
7:30	 TONI					
8:30						
9:30						
18:00						
19:30	 SHADI	 MANSOUR	 TONI		 GABI	

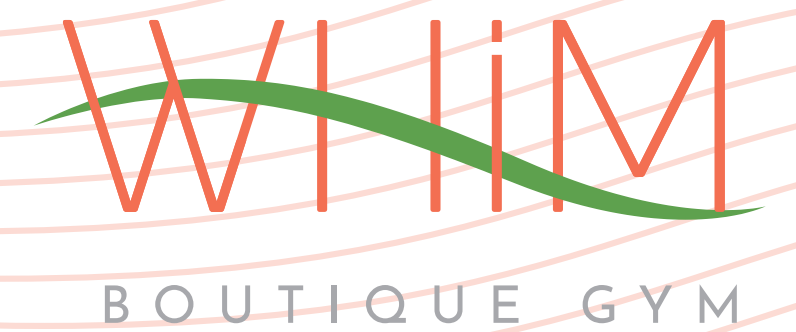


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# LIVE EXERCISE TIMETABLE | ONLINE

	MON	TUE	WED	THU	FRI	SAT
7:30						
8:30						
9:30			 YOGA CLEA			
10:30	 PILATES HIYAM	 Stretch NATHALIA	 EXTREME LOWER BODY MANSOUR		 FULL BODY WORKOUT MANSOUR	
11:30				 Stretch FADI		
17:00					 YOGA CLEA	
18:00	 ABS SHADI	 <b>CARDIO</b> Sculpt RANIM	 <b>Circuit</b> TRAINING MANSOUR	 <b>CARDIO</b> Sculpt SHADI	 EXTREME LOWER BODY SHADI	
19:00		 <b>EXTREME</b> UPPERCUT FADI	 Stretch SHADI			
20:00						



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