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	Morning				Evening				
Saturday			<b>12:00-1:00</b> St.1   Ghewa	<b>5:30-6:30</b> St.1   Nesma	<b>6:30-7:15</b> St. 3 Spinning   Samir		<b>7:30-8:30</b> St.1 Triple S   Samir	<b>8:40-9:40</b> St.1   Bardis (LO)	
Sunday		<b>11:00-12:00</b> St.1   Nesma (LO)	<b>12:00-1:00</b> St. 1 Pilates   Heba (LO)		<b>6:30-7:30</b> St.1   Rania		<b>7:35-8:35</b> St.1   Nourhan	<b>8:40-9:25</b> St.2   Mourad	<b>8:40-9:40</b> St. 1   Dessouky
Monday		<b>11:00 -11:45</b> St. 3 Spinning   Randa	<b>12:00-1:00</b> St. 1   Rania (LO)		<b>6:30-7:30</b> St.2   Bardis		<b>7:40-8:30</b> St.1 Maganeeny   Banna	<b>8:30-9:00</b> St.2 Core Strength   Banna	<b>9:00-10:00</b> St. 1 Yoga   Instructor <span style="color: red;">(Starting Soon)</span>
Tuesday	<b>10:30-11:30</b> St.1   Bassem	<b>11:30-12:30</b> St.1   Bardis (LO)			<b>6:30-7:30</b> St.1   Sherif		<b>7:40-8:40</b> St.1   Mostafa	<b>8:45-9:45</b> St.1   Mostafa	
Wednesday	 <b>10:30-11:15</b> St.2   Rania	<b>11:30-12:30</b> St.1   Nesma (LO)			<b>6:30-7:30</b> St.1   Banna	<b>6:45-7:30</b> St. 3 Spinning   Mourad	<b>7:30-8:30</b> St.1   Karima (LO)	<b>8:30-9:30</b> St.1   Rania	
Thursday		<b>11:30-12:30</b> St.1   Amr	 <b>12:30-1:00</b> St. 1 Core Strength   Amr		<b>6:00-7:00</b> St.1 Mega Tone   Samir		<b>7:00-8:00</b> St.1   Nesma (LO)		

- Please note that this schedule is subject to change according to registration.
- The center reserves the right to appoint a substitution when needed, without prior notice.
- Please make sure to sign in for the classes 30 minutes before class starting time.
- Thank You for your cooperation ☺