










Americana Plaza Group Fitness Schedule from Saturday June 24th to Friday June 30th 2017.

					Morning						Evening
Saturday						8:45-9:30 St. 3 Spinning  Samir	9:00-10:00 St.1  Bardis (LO)	10:00-11:00 St.1 Triple S  Samir			
Sunday	NO CLASSES. THE GYM WILL BE OPEN FROM 10:00 AM TO 8:00 PM										
Monday	NO CLASSES. THE GYM WILL BE OPEN FROM 10:00 AM TO 8:00 PM										
Tuesday		10:30-11:30 St.1  Mostafa					6:30-7:30 St.1  Sherif				
Wednesday			11:30-12:30 St.1  Bardis (LO)				6:30-7:30 St.1 Circuit Training Dessouky	6:45-7:30 St. 3 Spinning  Mourad			
Thursday			11:30-12:30 St.1  Amr Sh.			6:00-7:00 St.1 Mega Tone  Samir					
Friday											

- 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 ☺