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	Morning				Evening					
Saturday			12:00-1:00 St.1  Ghewa		 5:30-6:30 St.1  Nesma	6:30-7:15 St. 3 Spinning  Samir		7:30-8:30 St.1 Triple S  Samir	8:40-9:40 St.1  Bardis (LO)	
Sunday		11:00-12:00 St.1  Nesma (LO)	 12:00-1:00 St. 1 Pilates  Heba (LO)			6:30-7:30 St.1  Rania		7:35-8:35 St.1  Nourhan	8:40-9:25 St.2  Suspension Training Mourad	 8:40-9:40 St. 1  Dessouky
Monday		11:00 -11:45 St. 3 Spinning  Randa	 12:00-1:00 St. 1  Rania (LO)			6:30-7:30 St.2  Bardis		7:40-8:30 St.1 Maganeeny  Banna	8:30-9:00 St.2 Core Strength  Banna	9:00-10:00 St. 1 Yoga  Instructor (Starting Soon)
Tuesday	10:30-11:30 St.1  Bassem	11:30-12:30 St.1  Bardis (LO)			6:30-7:30 St.2  Sherif		7:40-8:40 St.1  Mostafa	8:45-9:45 St.1  Mostafa		
Wednesday	 10:30-11:15 St.2  Suspension Training Rania	11:30-12:30 St.1  Nesma (LO)			6:30-7:30 St.1  Banna	6:45-7:30 St. 3 Spinning  Mourad	7:30-8:30 St.1  Karima (LO)	8:30-9:30 St.1  Rania		
Thursday		11:30-12:30 St.1  Asmaa	12:30-1:30 St. 1 Yoga  Instructor (Starting Soon)			6:00-7:00 St.1 Mega Tone  Samir		7:00-8:00 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 😊