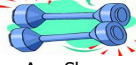













# Maadi Group Fitness Schedule From Saturday June 24<sup>th</sup> to Friday June 30<sup>th</sup> 2017.

<b>Saturday</b>			<b>4:30-5:30</b> <b>St.1</b> <b>Mega Tone</b>  Amr Sh.	<b>5:15-6:00</b> <b>Cycling St.</b> <b>Interval</b>  Yasmin		<b>9:00-10:00</b> <b>St.1</b> <b>Bel-Stick</b>  Mohamed		<b>10:00-11:00</b> <b>St. 1</b>  Moh. ElSayed		
<b>Sunday</b>	<b>NO CLASSES.</b> <b>THE GYM WILL BE OPEN FROM 10:00 AM TO 8:00 PM</b>									
<b>Monday</b>	<b>NO CLASSES.</b> <b>THE GYM WILL BE OPEN FROM 10:00 AM TO 8:00 PM</b>									
<b>Tuesday</b>		<b>10:30-11:30</b> <b>St.1</b>  <b>TABATA</b> (Interval) Manar				<b>7:30-8:30</b> <b>St.1</b>  <b>LES MILLS</b> <b>BODYCOMBAT</b> Amr Sh.				
<b>Wednesday</b>	<b>9:30-10:30</b> <b>St.1</b>  <b>LES MILLS</b> <b>BODYATTACK</b> Mostafa					<b>7:30-8:30</b> <b>St. 1</b>  <b>LES MILLS</b> <b>BODYATTACK</b> Mostafa				
<b>Thursday</b>	<b>9:30-10:30</b> <b>St.1</b>  <b>ZUMBA</b> fitness Sherif					<b>6:00-7:00</b> <b>St.1</b>  <b>LES MILLS</b> <b>BODYPUMP</b> Hanan		<b>7:10-8:10</b> <b>St.1</b>  <b>LES MILLS</b> <b>BODYCOMBAT</b> Amr Sh.		
<b>Friday</b>		<b>10:00-11:00</b> <b>St.1</b>  <b>LES MILLS</b> <b>BODYPUMP</b> Hanan								

- 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 ☺