

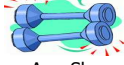







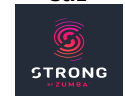

































# Maadi Group Fitness Schedule for September 2017.

Day	Maadi Group Fitness Schedule for September 2017.										
Saturday			<b>11:00-12:00</b> St. 1  Amira	<b>11:00-11:45</b> Cycling St. Interval  Yasmin	<b>12:00-1:00</b> St.1 Mega Tone  Amr Sh.			<b>7:30-8:30</b> St.1 Bel-Stick  Mohamed	<b>8:30-9:30</b> St.2  Lynn	<b>8:40-9:40</b> St. 1  Moh. ElSayed	
Sunday	<b>8:30-9:30</b> St.1  Aya	<b>9:40-10:40</b> St.1  Mona	<b>10:45-11:30</b> St.2  Karim				<b>7:15-8:00</b> Cycling St. Spinning  Yasmin	<b>7:30-8:30</b> St.1  Manar	<b>8:30-9:25</b> St.1  Mohamed	<b>9:30-10:15</b> St.1 Core Strength  Mohamed	
Monday	<b>8:30-9:30</b> St.1 Cardio Fit  Dora	<b>9:35-10:35</b> St.1 Pilates  Dora	<b>10:45-11:30</b> Cycling St. Cardio & Race  Mourad			<b>6:30-7:25</b> St.1  Sherif	<b>7:30-8:30</b> St.1  Mohamed	<b>8:40-9:40</b> St. 1 Pilates  Iman	<b>8:45-9:15</b> St.2  Karim		
Tuesday	<b>8:30-9:30</b> St.1  Samir	<b>9:30-10:30</b> St.1  Manar				<b>6:00-6:45</b> Cycling St. Cardio & Race  Yasmine	<b>7:30-8:25</b> St.1  Amr	<b>8:30-9:15</b> St.3  Mohamed	<b>8:30-9:30</b> St.1  Moh. ElSayed	<b>9:30-10:15</b> St.1 Core Strength  Amr (Starting Soon)	
Wednesday	<b>8:30-9:30</b> St.1  Mostafa	<b>9:40-10:40</b> St.1  Mohamed	<b>10:45-11:45</b> Yoga St. Hatha Flow  Reham			<b>6:30-7:25</b> Yoga St. Yoga  Reham	<b>7:30-8:30</b> St. 1  Mostafa	<b>8:15-9:00</b> Cycling St. Spinning  Yasmin	<b>8:35-9:35</b> St. 1  Mostafa		
Thursday	<b>8:30-9:30</b> St.1 Step  Aya	<b>9:35-10:35</b> St.1  Sherif	<b>10:40-11:40</b> St.1 Bel-Stick  Mohamed/Sara			<b>6:30-7:30</b> St.1  Ali	<b>7:30-8:30</b> St.1  Amr	<b>8:30-9:30</b> St. 1  Instructor (Starting Soon)			
Friday			<b>10:00-11:00</b> St.1  Hanan	<b>11:10-12:10</b> St.1  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 ©