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Day	Time	Location	Instructor
Saturday			
		11:00-12:00 St. 1  Amira (ON HOLD)	11:00-11:45 Cycling St. Interval  Yasmin
		12:00-1:00 St.1 Mega Tone  Amr Sh.	
			7:30-8:30 St.1 Bel-Stick  Mohamed
		NEW! 8:30-9:30 St.2  Lynn	8:40-9:40 St. 1  Moh. ElSayed
Sunday			
	8:30-9:30 St.1  Aya	9:40-10:40 St.1  Mona	10:45-11:30 St.2 TRX Suspension Training Karim
			7:15-8:00 Cycling St. Spinning  Yasmin
			7:30-8:30 St.1  Samia/Manar
			8:30-9:25 St.1  Mohamed
			9:30-10:15 St.1 Core Strength  Mohamed
Monday			
	8:30-9:30 St.1 Cardio Fit  Samia/Dora	9:35-10:35 St.1 Pilates  Samia/Dora	10:45-11:30 Cycling St. Cardio & Race  Mourad
			6:30-7:25 St.1  Samia/Sherif
			7:30-8:30 St.1  Mohamed
			8:40-9:40 St. 1 Pilates  Iman
			8:45-9:15 St.2 TRX Suspension Training Karim
Tuesday			
	8:30-9:30 St.1  Samir	9:30-10:30 St.1  Samia/Manar	10:30-11:30 St.1 TABATA (Interval) Manar (Starting Tues 22nd)
			6:00-6:45 Cycling St. Cardio & Race  Yasmine
			7:30-8:25 St.1  Asmaa/Amr
			8:30-9:15 St.3 TRX Suspension Training Mohamed
			8:30-9:30 St.1  Moh. ElSayed
Wednesday			
	8:30-9:30 St.1  Mostafa	9:40-10:40 St.1  Mohamed	10:45-11:45 Yoga St. Hatha Flow  Reham
			6:30-7:25 Yoga St. Yoga  Reham
			7:30-8:30 St. 1  Mostafa
			8:15-9:00 Cycling St. Spinning  Yasmin
			8:35-9:35 St. 1  Mostafa
Thursday			
	8:30-9:30 St.1 Step  Aya (Starting In Sept.)	9:35-10:35 St.1  Samia/Sherif	10:40-11:40 St.1 Bel-Stick  Mohamed/Sara
			6:30-7:30 St.1  Ali
			7:30-8:30 St.1 Core Strength  Amr Sh.
			8:30-9:30 St. 1  Instructor (Starting Soon)
Friday			
		10:00-11:00 St.1  Hanan	11:10-12:10 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 ☺