








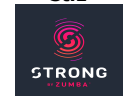































Maadi Group Fitness Schedule for October 2017.

| Day | Maadi Group Fitness Schedule for October 2017. | | | | | | | | | | |
|-----------|---|---|--|---|--|---|---|--|---|--|--|
| Saturday | | | 11:00-12:00 St. 1  Amira | 11:00-11:45 Cycling St. Interval  Yasmin | | | | 7:30-8:30 St.1 Bel-Stick  Mohamed | 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  Karim | | | | 7:15-8:00 Cycling St. Spinning  Yasmin | 7:30-8:30 St.1  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  Dora | 9:35-10:35 St.1 Pilates  Dora | 10:45-11:30 Cycling St. Cardio & Race  Mourad | | | | 6:30-7:25 St.1  Sherif | 7:30-8:30 St.1  Mohamed | 8:40-9:40 St. 1 Pilates  Iman | 8:45-9:15 St.2  Karim | |
| Tuesday | 8:30-9:30 St.1  Samir | 9:30-10:30 St.1  Manar | | | | 6:00-6:45 Cycling St. Cardio & Race  Yasmine | 7:30-8:25 St.1  Amr | 8:30-9:15 St.3  Mohamed | 8:30-9:30 St.1  Moh. ElSayed | | |
| Wednesday | 8:30-9:30 St.1  Mostafa | 9:40-10:40 St.1  Mohamed | | | | 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 | 9:35-10:35 St.1  Sherif | 10:40-11:40 Yoga St. Hatha Flow  Reham | | | 6:30-7:30 St.1  Ali | 7:30-8:30 St.1  Amr | 8:30-9:15 St.1 Core Strength  Amr | | | |
| 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 ©