




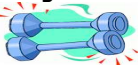





Maadi Ladies Only Group Fitness Schedule from Saturday June 24th to Friday June 30th 2017.

Morning				Evening				
Saturday						9:00-10:00 St. 1  Radwa	10:00-10:45 St.1 Yoga  Radwa	
Sunday	NO CLASSES. THE GYM WILL BE OPEN FROM 10:00 AM TO 8:00 PM							
Monday	NO CLASSES. THE GYM WILL BE OPEN FROM 10:00 AM TO 8:00 PM							
Tuesday		11:30-12:30 St. 1 Hatha Flow  Mariam				7:30-8:30 St.1  Rania		
Wednesday	10:30-11:30 St.1 Cardio Hip Hop  Sara					7:30-8:30 St.1 Mega Tone  Amany		
Thursday	10:30-11:30 St. 1  Manar				6:30-7:30 St.1 Maganeeny (Insanity)  Fatma			
Friday			12:00-1:00 St.1 Mega Cardio  Amany					

- 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 😊