







SAMIA ALLOUBA

FOREVER FIT

Maadi Mind & Body Classes Schedule for Ramadan 2017.

Saturday					
Sunday				<p>9:30-10:30 Air Yoga</p>  <p>Manar (By Booking)</p>	
Monday		<p>4:30 - 5:30 Yoga St. Hatha Flow</p>  <p>Reham</p>			<p>10:15-11:00 St. 1 Pilates</p>  <p>Iman</p>
Tuesday					
Wednesday		<p>4:30 - 5:30 Air Yoga</p>  <p>Manar (By Booking)</p>			
Thursday	<p>10:30 - 11:30 St. 1</p>  <p>Manar</p>				
Friday		<p>4:30 - 5:30 St. 1</p>  <p>Hanan</p>			

Kindly 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 arrive ahead of time to give yourself the time to unwind and get ready.

Air Yoga classes MUST be booked for ahead of time since the number of hammocks is limited.

Last minute drop ins might not find space.

BRING YOUR OWN YOGA MAT.

Thank you for your cooperation

For More Info, Call: 0122 9101901