





















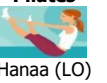





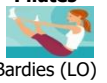

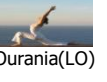









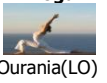




# Mohandessin Group Fitness Classes Schedule September 2017.

	Morning				Evening					
Saturday		<b>11:30-12:30</b> St. 1 <b>Triple S</b>  Samir(MX)	<b>12:40-1:40</b> St.1  Karima (LO)	<b>1:45-2:30</b> St. 4 <b>Spinning</b>  Randa (LO)		<b>6:30-7:15</b> St.4  Mostafa (MX)	<b>7:30-8:30</b> St.1 <b>Mega Tone</b>  Karima (LO)	<b>7:30-8:30</b> St. 3  Mona (MX)		
Sunday	<b>10:30-11:30</b> St.1 <b>Mega Cardio</b>  Randa(LO)	<b>11:40-12:10</b> St.1 <b>Core Strength</b>  Randa (LO)	 <b>12:15-1:15</b> St.1 Maha (LO)				<b>7:30-8:30</b> St.1  Karima (LO)	<b>7:30-8:30</b> St. 3 <b>Mega Tone</b>  Amr (MX)	<b>8:40-9:40</b> St.1  Lynn(LO)	<b>8:30-9:30</b> St.3 <b>Yoga</b>  Radwa (MX)
Monday	<b>10:15-11:00</b> St.1  Walaa (LO)	<b>11:00-12:00</b> St.1  Rania (LO)		<b>6:15-7:00</b> St. 4 <b>Spinning</b>  Mourad (MX)	<b>7:00-8:00</b> St. 3  Samir (MX)	<b>7:30-8:30</b> St.1 <b>Step</b>  Randa (LO)	<b>8:40-9:10</b> St.2 <b>Core Strength</b>  Randa (LO)	<b>8:00-9:00</b> St.3  Samir(MX)	<b>9:00-9:45</b> St. 4 <b>Spinning</b>  Mourad (MX)	
Tuesday	<b>10:00-10:45</b> St. 4 <b>Spinning</b>  Hanaa (LO)	<b>11:00-12:00</b> St.1 <b>Pilates</b>  Hanaa (LO)			<b>6:30-7:00</b> St.3 <b>Core Strength</b>  Mourad (MX)	<b>7:30-8:30</b> St.3  Hanan(MX)	<b>7:15-8:00</b> St.1  Karima (LO)	<b>8:30-9:15</b> St. 4 <b>Spinning</b>  Hanan (LO)	<b>8:00-9:00</b> St.1  Bardies (LO)	<b>9:00-10:00</b> St.1 <b>Pilates</b>  Bardies (LO)
Wednesday	<b>10:30-11:30</b> St.1 <b>Step</b>  Randa (LO)	<b>11:40-12:40</b> St.1 <b>Yoga</b>  Ourania(LO)		<b>6:00-6:30</b> St.4 <b>New Comer's Consultation</b> Amr Sh.	<b>6:30-7:15</b> St.1  Walaa (LO)	<b>7:30-8:30</b> St. 1  Mai (LO)	<b>7:00-8:00</b> St.3  Amr (MX)	<b>8:00-8:30</b> St.3 <b>Core Strength</b>  Amr (MX)	<b>8:30-9:30</b> St.3  Amira (MX)	
Thursday	<b>10:30-11:30</b> St.1  Ghada (LO)	<b>11:30-12:30</b> St. 1  Mona (LO)					<b>7:40-8:40</b> St. 1  Mohamed S. (MX)			
Friday		<b>11:30-12:30</b> St.1  Sondos (LO)	<b>12:40-1:40</b> St.1 <b>Yoga</b>  Ourania(LO)	 <b>1:15-2:15</b> St.4  Mostafa (MX)						

- 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 ☺