


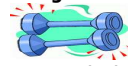





































Mohandessin Group Fitness Classes Schedule August 2017.

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