SQUARE FIT CLUB 03-012098

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B
08:00	Tai Chi Balance 60min				Tai Chi Balance 60min						Tai Chi Balance 60min	
08:15		LesMills RPM Solo 45min		LesMills RPM 45min		LesMills RPM Solo 45min		LesMills RPM 45min		LesMills RPM 45min		
08:30												
09:00		LesMills BODYBALANCE Rawan 60min	LesMills BODYPUMP Rawan 60min			LesMills BODYBALANCE Rawan 60min	LesMills BODYPUMP Rawan 60min			LesMills BODYBALANCE Rawan 60min		
09:15	ZUMBA Bader 60min				ZUMBA Bader 60min				ZUMBA Bader 60min			
09:30												
10:00												
10:15											Ballet Junior 60min	LesMills RPM 45min
10:30												
11:00		PING PONG				PING PONG				PING PONG		
11:15												
11:30												
	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B
15:00	Taekwondo Louis 60min		Judo 60min				Judo 60min		Taekwondo Louis 60min		KungFu Elie 60min	RPM Nidal 45min
15:30												
16:00												
16:15											KungFu Jihad 60min	Tai Chi Balance 60min
16:30												
17:00	LesMills BODYPUMP Rawan 60min		KungFu Jihad 1hr 60min	GYMNASTICS 60min	LesMills BODYPUMP Rawan 60min	Ballet Junior 60min	GYMNASTICS 60min	LesMills BODYCOMBAT 60min Soon	KungFu Jihad 1hr 60min	LesMills BODYBALANCE Rawan / Jihad 60min		
17:15												
17:30							Circus Training				Self-Defence	
18:00	LesMills BODYBALANCE Rawan 60min	Oriental Dance Christina 60min		Modern Dance 60min	Oriental Dance Christina 60min	LesMills RPM 45min		LesMills BODYBALANCE Rawan / Jihad 60min		LesMills RPM 45min		
18:15												
18:30			ZUMBA Bader 60min				ZUMBA Bader 60min					
19:00	LesMills BODYCOMBAT 60min Soon			LesMills BODYCOMBAT 60min Soon				LesMills RPM 45min	LesMills BODYPUMP Rawan 30min			
17:15												
19:30		Oriental Dance Christina 60min				Oriental Dance Christina 60min			LesMills BODYBALANCE Rawan 60min	LesMills BODYCOMBAT 60min Soon		
20:00			LesMills BODYPUMP Rawan 60min	LesMills RPM 45min	LesMills BODYPUMP Rawan 60min							
20:15	Tai Chi Balance Dr. Naji 1hr 60min						Tai Chi Balance Dr. Naji 1hr 60min					
20:30												
21:00			LesMills BODYBALANCE Rawan 60min		LesMills BODYBALANCE Rawan 60min							
21:15												
21:30												
22:00												
22:15												