

							
	<b>C. MOUSTAFA</b> INSANITY	<b>C. MAHMOUD</b> CROSS FIT	<b>C. AMR</b> MMA	<b>C. AYAT</b> KICK BOXING	<b>C. MARCO</b> ZUMBA	<b>C. ISLAM</b> BODYBUILDING	<b>C. RAMDAN</b> BODYBUILDING
STARDAY	—	—	—	—	10.00 : 11.00 PM	—	—
SUNDAY	INSANITY 3:5 GIRLS ONLY INSANITY 5:6 MIX	CROSS FIT 9.30 : 10.30 PM	5.00 : 7.00			1.00 : 3.00 PM	1.00 : 3.00 PM
MONDAY				4.00 : 6.00 GIRLS ONLY 8.00 : 10.00 MIX	10.00 : 11.00 PM		
TUESDAY	INSANITY 3:5 GIRLS ONLY INSANITY 5:6 MIX	CROSS FIT 9.30 : 10.30 PM	5.00 : 7.00			1.00 : 3.00 PM	1.00 : 3.00 PM
WEDNESDAY				4.00 : 6.00 GIRLS ONLY 8.00 : 10.00 MIX	10.00 : 11.00 PM		
THURSDAY	INSANITY 3:5 GIRLS ONLY INSANITY 5:6 MIX		5.00 : 7.00			1.00 : 3.00 PM	1.00 : 3.00 PM
FRIDAY	—	CROSS FIT 9.30 : 10.30 PM	—	—	—	—	—

*Special Offer!*

**CROSS FIT / INSANITY / ZUMBA / BOXING  
12 CLASSES 250 EGP**