



since 2002  
**STAMINA**<sup>®</sup>  
club

# GROUP FITNESS CLASS SCHEDULE

## BIKFAYA BRANCH

	MON	TUES	WED	THURS	FRI	SAT
AM 9:00 - 10:00		Aerobics		Aerobics		
AM 9:00 - 10:30						KIDS JIU JITSU
AM 10:30 - 11:00	Fitness Mix		Fitness Mix			
PM 4:30 - 5:30					BEGINNER Gymnastics	
PM 5:30 - 6:30					ADVANCED Gymnastics	
PM 6:00 - 7:00			Body Fly			
PM 7:30 - 8:30	OR Pumping Iron Shadow Fight	ZUMBA	TABATA	ZUMBA	OR Crossfury Butts & Abs	
PM 8:00 - 9:30		ADULTS JIU JITSU		ADULTS JIU JITSU		
PM 8:15 - 8:45			Yoga STRETCHING			

■ Light ■ Moderate ■ Advanced



# GROUP FITNESS CLASS SCHEDULE

## RABIEH BRANCH

MON

TUES

WED

THURS

FRI

SAT

Time	MON	TUES	WED	THURS	FRI	SAT
AM 9:00 - 10:00	OPEN CLASS SEMI-PRIVATE <small>Mon-Fri: 9:00 AM - 10:00 AM</small>					
AM 10:00 - 11:00	OPEN CLASS SEMI-PRIVATE <small>Mon-Fri: 10:00 AM - 11:00 AM</small>					KIDS Football ACADEMY
AM 11:15 - 12:15	OPEN CLASS SEMI-PRIVATE <small>Mon-Fri: 11:00 AM - 12:00 PM</small>					Basketball ACADEMY
PM 1:30 - 2:30						KIDS Gymnastics
PM 4:15 - 5:15						KIDS Latin Dance
PM 7:00 - 8:00		Martial Arts		Martial Arts	Body Fly	
PM 7:00 - 8:00	Cycling X-TREME	Pole Fitness	Cycling X-TREME	Pole Fitness		
PM 8:00 - 9:00	TABATA	Butts & Abs		Crossfury	TABATA POWER	
PM 8:00 - 9:00		WAR				
PM 8:00 - 9:00	CALI-ASANA		CALI-ASANA			
PM 9:00 - 10:00		ZUMBA		POUND		

■ Light
 ■ Moderate
 ■ Advanced

Rabieh, Main Road, Above Charcutier Aoun Rooftop