

CLASSES SCHEDULE

BIKFAYA BRANCH



	MON	TUES	WED	THURS	FRI	SAT
AM 9:00 - 10:00						
AM 9:00 - 10:30						KIDS JIU JITSU
AM 10:30 - 11:00						
PM 4:30 - 5:30					BEGINNER Gymnastics	
PM 5:30 - 6:30					ADVANCED Gymnastics	
PM 6:00 - 7:00						
PM 7:30 - 8:30	Shadow Fight	ZUMBA	Butts&Abs	ZUMBA	Crossfury OR Tabata	
PM 8:00 - 9:30						
PM 8:15 - 8:45						

■ Light ■ Moderate ■ Advanced

CLASSES SCHEDULE

RABIEH BRANCH



MON

TUES

WED

THURS

FRI

SAT

AM 9:00 - 10:00

AM 10:00 - 11:00

AM 11:15 - 12:15

PM 1:00 - 2:00

PM 4:15 - 5:15

PM 7:00 - 8:00

PM 7:00 - 8:00

PM 8:00 - 9:00

PM 8:00 - 9:00

PM 8:00 - 9:00

PM 9:00 - 10:00

KIDS
Football
ACADEMY

KIDS
Gymnastics

Martial Arts

Martial Arts

Pole
Fitness

Cycling
X-TREME

Pole
Fitness

TABATA

Butts & Abs
WAR

OR

Crossfury

TABATA
POWER

CALI-ASANA

CALI-ASANA

Light Moderate Advanced

Rabieh, Main Road, Above Charcutier Aoun Rooftop