

RAMADAN SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM	BTB DANCE CARDIO (LADIES) ANISSA IN STUDIO & ONLINE	BTB ADVANCED (LADIES) NADIA & ANISSA IN STUDIO & ONLINE	BTB BOUNCE (LADIES) ANYA	BTB ADVANCED (LADIES) NADIA & ANISSA IN STUDIO & ONLINE	BTB JUMPSTART (LADIES) ANISSA		
	9:15AM VINYASA FLOW (LADIES) VIDYA STARTING 3RD APRIL	9:15AM PILATES SCULPT REFORMER (LADIES) ANYA	9:30AM PURE REFORMER I/II (LADIES) DAPHNE	9:15AM CORE STRENGTH VINYASA (LADIES) CECI STARTING 6TH APRIL	9:15AM PILATES TOWER (LADIES) ANYA		
	9:30AM OPEN LEVEL REFORMER (LADIES) AHLAM	9:30AM POWER FLOW REFORMER II/III (LADIES) AHLAM		9:30AM PURE REFORMER I/II (LADIES) ANYA	9:15AM YOGA SHRED (LADIES) CECI STARTING 7TH APRIL		
				9:30AM REFORMER POWER HOUR (LADIES) AHLAM			
10:00AM	10:30AM BTB CONTROL (LADIES) MENNAT IN STUDIO & ONLINE STARTING 3RD APRIL		10:30AM OPEN LEVEL REFORMER (LADIES) DAPHNE		10:15AM SOUND HEALING (LADIES) VIDYA STARTING 7TH APRIL		
	10:30AM PILATES SCULPT REFORMER (LADIES) ANYA	10:30AM BTB BARRE (LADIES) ANYA IN STUDIO & ONLINE	10:30AM PILATES SCULPT REFORMER (LADIES) ANISSA		10:30AM BTB BARRE (LADIES) ANYA		POWER FLOW REFORMER II/III DAPHNE
	10:30AM POWER FLOW REFORMER II/III (LADIES) AHLAM		10:30AM YIN YOGA (LADIES) ANGELA		10:30AM PURE REFORMER I/II (LADIES) LILLIAN		
					10:45AM PRENATAL YOGA (LADIES) SELENA		10:45AM KIDS YOGA (AGES 7 - 12) ABEER
11:00AM	MOVING MEDITATIONS MARY	11:30AM MUMMY & BABY YOGA JOELLE	11:30AM PURE REFORMER I/II (LADIES) ANYA			ASHTANGA VINYASA JOELLE	POWER FLOW REFORMER II/III DAPHNE
	11:30AM ADULT BALLET SUSIE	11:30AM ADULT BALLET SUSIE	11:30AM ADULT BALLET SUSIE	11:30AM ADULT BALLET SUSIE			12:00PM CONTEMPORARY DANCE LANA
4:00PM	PRENATAL REFORMER (LADIES) AHLAM	PILATES SCULPT REFORMER (LADIES) ANYA	PURE REFORMER I/II (LADIES) ANYA	PILATES SCULPT REFORMER (LADIES) ANYA			
				4:30PM PRENATAL YOGA (LADIES) CHAITHRA			
5:00PM	OPEN LEVEL REFORMER (LADIES) LILLIAN	WUNDA CHAIR & SPINE CORRECTOR LILLIAN	BTB BARRE (LADIES) ANYA	PURE REFORMER I/II (LADIES) ANYA			POWER YOGA MICHAEL
	OPEN LEVEL REFORMER AHLAM	OPEN LEVEL REFORMER (LADIES) AHLAM	OPEN LEVEL REFORMER (LADIES) DAPHNE	5:30PM POWER YOGA MICHAEL			
		BODYTREE BODY (LADIES) ANYA IN STUDIO & ONLINE	DYNAMIC PILATES MAT (LADIES) MENNAT STARTING 5TH APRIL				
6:00PM		PURE REFORMER I/II CARLOS		OPEN LEVEL REFORMER DAPHNE			
		6:30PM BEGINNER YOGA SHAHAD		PURE REFORMER I/II CARLOS			
7:00PM	7:30PM PILATES MAT FLOW LILLIAN	7:30PM HATHA INTERMEDIATE MICHAEL	7:30PM OPEN LEVEL REFORMER (LADIES) DAPHNE	POWER FLOW REFORMER II/III CARLOS			
	7:30PM POWER FLOW REFORMER II/III ANGELA			7:30PM PURE REFORMER I/II (LADIES) AHLAM			



Classes are subject to change at last minute.
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