

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 - 10.00AM * HIIT <i>with Nada</i>	10.00 - 11.00AM * Barre <i>with Nada</i>	9.00 - 10.00AM * Morning Yoga <i>with Lea</i>	9.00 - 10.00AM * HIIT <i>with Nada</i>	9.00 - 10.00AM * Morning Yoga <i>with Lea</i>		
10.00 - 11.00AM * Stretching <i>with Nada</i>	11.00 - 12.00 * Aerial Yoga <i>with Lea</i>	10.00 - 11.00AM * Oriental Fusion <i>with Caline</i>	10.00 - 11.00AM * Stretching <i>with Lea</i>	10.00 - 11.00AM * Zumba <i>with Eliane</i>	10.00 - 11.00AM * Aerial Hoop Beginner <i>with Lea</i>	

6.00 - 7.00PM * Hatha Yoga Pregnant Friendly <i>with Duna</i>	6.30 - 7.30PM * Yin Yoga <i>with George</i>	5.00-6.00PM Street Jazz Kids <i>with Nada</i>	5.30 - 6.30PM Salsa Teens <i>with Rita</i>	5.00 - 6.00PM Ballet Kids 3-5 Years Old <i>with Nada</i>		6.00 - 7.00PM * Aerial Yoga Open Level <i>with Aboudi</i>
7.00 - 8.30PM Vinyasa Flow <i>with Abir</i>	6.30 - 7.30PM Salsa Beginner <i>with Wassim</i>	6.00 - 7.00PM Zumba <i>with Eliane</i>	6.30 - 7.30PM * Aerial Yoga Open Level <i>with Amanda</i>	6.00 - 7.00PM Ballet Kids 6-11 Years Old <i>with Nada</i>		7.00 - 8.30PM * Power & Restore <i>with Lea</i>
7.30 - 8.30PM * Aerial Yoga Level 2 <i>with Alik</i>	7.30 - 8.30PM Power Flow <i>with Lea</i>	6.00 - 7.00PM Ballet Kids 6-11 Years Old <i>with Nada</i>	6.30 - 7.30PM Salsa Beginners <i>with Wassim</i>	7.00 - 8.00PM Lady Styling <i>with Rita</i>		
8.30 - 9.30PM Ballet Adults Beginner <i>with Nada</i>	7.30 - 8.30PM Salsa Intermediate <i>with Wassim</i>	7.00 - 8.30PM Hatha Yoga <i>with Aboudi</i>	7.30 - 8.30PM Salsa Intermediates <i>with Wassim</i>	8.00 - 9.00PM * Aerial Dance Beginner <i>with Lea</i>		
	8.30 - 9.30PM Ballet Adults Intermediate <i>with Nada</i>	7.00 - 8.00PM * Intro to Hoop <i>with Lea</i>	7.30 - 9.00PM Vinyasa Yoga <i>with Firas</i>			
	8.30 - 9.30PM Deep Stretching <i>with Lea</i>	8.30 - 10.00PM AcroYoga <i>with be.acroyogis</i>	8.30-9.30PM Modern Jazz Meets Burlesque <i>with Nada</i>			
		8.30 - 9.30PM * Aerial Yoga Open Level <i>with Amanda</i>	9.00 - 10.00PM Tango Beginner <i>with Mina & Hadi</i>			



● Morning Package ● Yoga ● Dance
* Requires reservation