

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

SATURDAY

	Prebooking Required			Prebooking Required - Ladies	Prebooking Required	
10:00AM-11:00AM				ALIA C YOGA	KARMA POLE FITNESS Ladies	ENJY AERIAL YOGA
		Prebooking Required - Ladies	Prebooking Required	Prebooking Required - Ladies	Prebooking Required	
11:15AM-12:15PM		SHIAM GENTLE FLOW	ALIA C YOGA	FARAH RISE	ENJY MORNING FLOWS	ENJY AERIAL YOGA
	Prebooking Required	Prebooking Required		Prebooking Required	Prebooking Required	Prebooking Required
12:30PM-1:30PM	JENANE VINYASA	ALIA PRENATAL YOGA	AYA LIGHT VINYASA	JENANE VINYASA	AYA LIGHT VINYASA	MALAK SEKALY MINDFUL VINYASA
	Prebooking Required - Ladies	Prebooking Required		Prebooking Required	Prebooking Required	
5:00PM-6:00PM	LOBNA AERIAL YOGA	ENJY AERIAL YOGA		MARIAM PRENATAL YOGA	FARAH BREATHE DEEP	
	Prebooking Required - Ladies	Prebooking Required		Prebooking Required	Prebooking Required	Prebooking Required
6:00PM-7:00PM	LOBNA AERIAL YOGA	LAILA POWER VINYASA		MARIAM WARRIOR FLOWS	NERINE VINYASA	LAILA YIN
	Prebooking Required	Prebooking Required		Prebooking Required	Prebooking Required	Prebooking Required
7:15PM-8:15PM	NERINE VINYASA	JENANE VINYASA		AYA LIGHT VINYASA	JENANE VINYASA	NADINE FLUID VINYASA
	Prebooking Required	Prebooking Required		Prebooking Required - Ladies	Prebooking Required	
8:30PM-9:30PM	MARWAN ENERGY FLOWS	MARIAM YIN YANG		NOUR AHMED CORE VINYASA	AMIRA IHAB YIN	
	Prebooking Required - Ladies	BDK Workshop		Prebooking Required - Ladies	Prebooking Required - Ladies	
9:30PM-10:30PM	NOOR GUIDED MEDITATION	BUDOKON		KARMA POLE FITNESS	KARMA POLE FITNESS	