



Beverly Hills

June, 2023 Schedule

SAT	SUN	MON	TUE	WED	THUR
10:00 AM Gentle flow Salma	10:00 AM Spinning Emma	● 10:00 AM Core attack Nada	10:00 AM Hatha yoga Emma	● 10:00 AM Move & meditate Salma	
11:00 AM Zumba (LO) Dina					11:00 AM Bellydance (LO) Nada
	06:00 PM Bellydance (LO) Sarah	● 06:00 PM Zumba (LO) Yara	06:00 PM I.choreo (LO) Jessy	● 06:00 PM Spinning Mai	
● 07:00 PM HIIT Jessy	07:00 PM Raise the bar (LO) Noha	07:00 PM Bootycamp (LO) Yara	07:00 PM Cycology (spinning) Haytham	07:00 PM Walk this weigh (LO) Menna	
08:00 PM Fluid yoga (90 mns) Nelly	08:00 PM Deep stretching (LO) Noha	● 08:00 PM Fat Burn Hayat	● 08:00 PM Kickboxing (LO) Shams	08:00 PM Flex & stretch (LO) Menna	● 08:00 PM Kickboxing Shams
	● 09:00 PM Kickboxing (LO) Shams				