NORDIC CLUB

MAY Schedule

	SAT	SUN	MON	TUE	WED	THU
8:00 AM	**CORE** *ABDELRAHMAN HANY*	**MOBILITY** *HASSAN*	**CORE** *ABDELRAHMAN HANY*	**MOBILITY** *HASSAN*	**CORE** *ABDELRAHMAN HANY*	
10:00 AM			**BOOTCAMP** *(Ladies Only)*		**FUNCTIONAL TRAINING** *(Ladies Only)*	**SPINNING** *(Ladies Only)*
6:00 PM	**BELLY DANCE** *ESRAA (Ladies Only)*					
7:00 PM	**ZUMBA** *MARWA (Ladies Only)* / **9TH ROUNDS** *KICK BOXING*	**TRX** *HANAN*	**PUMP UP** *JASMINE*	**POUND FIT** *HEIDY GOHAR (Start at 7:15)*	**CROSSFIT** *(OUTDOOR AREA) HASSAAN*	**BODY TONING** *SHAHD (Ladies Only)*
8:00 PM	**FAT BURN** *(OUTDOOR AREA) MAZEN*	**SPINNING** *HANAN*	**CORE - MOBILITY** *YASMIN (Ladies Only)*	**DEEP STRETCHING** *HEIDY GOHAR*	**BELLY DANCE** *HABIBA (Ladies Only)*	**KILLER ABS** *YOUSSEF*
9:00 PM	**SPINNING** *GEBALY*			**BELLY DANCE** *VIVIAN (Ladies Only)*	**ZUMBA** *NOHA (Ladies Only)*	**FLOW YOGA** *NADA*

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