



Hazmieh, Mar Takla Street
cell: 03/811388 - 05/952204

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
<u>Denise</u> Body Sculpting 09:00-10:00 AM	<u>Denise</u> Body Sculpting 09:00-10:00 AM		<u>Denise</u> Body Sculpting 09:00-10:00 AM		
Evening Classes					
<u>Denise</u> Body Sculpting 7:00-8:00 PM	<u>Chady</u> Body Power 6:30-7:30 PM	<u>Denise</u> Body Sculpting 7:00-8:00 PM	<u>Chady</u> Body Power 6:30-7:30 PM	<u>Denise</u> Body Sculpting 6:30-7:30 PM	
	<u>Chady</u> Tae Bo 7:30-8:30 PM		<u>Chady</u> Tae Bo 7:30-8:30 PM		
Tae kwon do					
	<u>5-10 years</u> 5:00-6:00 PM white & yellow		<u>5-10 years</u> 5:00-6:00 PM white & yellow		
<u>10 years & up</u> 5:45-7:00PM ALL Belts		<u>10 years & up</u> 5:45-7:00PM ALL Belts		<u>10 years & up</u> 7:30-8:45 PM ALL Belts	
Thai Boxing					
Under supervision of Master Rodrigue Harb					
<u>Sobhi</u> Thai Boxing 8:30-9:30 PM		<u>Sobhi</u> Thai Boxing 8:30-9:30 PM		<u>Sobhi</u> Thai Boxing 8:45-9:45 PM	
Opening Hours:					
MONDAY to FRIDAY 8:00 am - 1:00 pm & 3:00 pm - 10:00 pm					
SATURDAY 9:30 am - 6:00 pm					
Full Membership (Excluding YOGA, Thai Boxing)			Tae kwon do		
1 month		\$50	1 month		\$35
3 months		\$135	3 months		\$90
5 months		\$200	Thai Boxing		
			1 month		\$40 with gym \$70
			3 months		\$100 with gym \$200
SPA			70 95 86 15		
Massage:	1 session	\$30	Bronzage:	10 minutes	\$10
	30 minutes	\$20		30 minutes	\$20
				100 minutes	\$50
Registration Fee 15\$ per year					

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