



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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Before Noon</b>					
<b>Denise</b> Body Sculpting 10:30-11:30 AM		<b>Denise</b> Body Sculpting 10:30-11:30 AM		<b>Denise</b> Body Sculpting 10:30-11:30 AM	
<b>After Noon</b>					
<b>Denise</b> Body Sculpting 6:15-7:15 PM	<b>Chady</b> Body Power 6:30-7:30 PM	<b>Denise</b> Body Sculpting 6:15-7:30 PM	<b>Chady</b> Body Power 6:30-7:30 PM	<b>Denise</b> Body Sculpting 6:30-7:30 PM	
	<b>Chady</b> Tae Bo 7:30-8:30 PM		<b>Chady</b> Tae Bo 7:30-8:30 PM		
<b>Taekwondo</b>					
<b>7-13 years</b> 5:00-6:00 PM ALL Belts	<b>4-7 years</b> 5:00-6:00 PM white & yellow	<b>7-13 years</b> 5:00-6:00 PM ALL Belts	<b>4-7 years</b> 5:00-6:00 PM white & yellow		
<b>13 years &amp; up</b> 7:30-8:30 PM ALL Belts		<b>13 years &amp; up</b> 7:30-8:30 PM ALL Belts		<b>13 years &amp; up</b> 7:30-8:30 PM ALL Belts	
<b>Thai Boxing</b>					
<b>Master Rodrigue</b> Thai Boxing 8:30-9:30 PM		<b>Master Rodrigue</b> Thai Boxing 8:30-9:30 PM		<b>Master Rodrigue</b> Thai Boxing 8:30-9:30 PM	

**Opening Hours:** Monday to Friday 8:00 AM to 1:00 PM & 3:00 PM till 10:00 PM  
Saturday from 9:30 Am till 6:00 PM

<u>Full membership</u> (full time & full Activity excluding Thai Boxing)		<u>Taekwondo</u>	
<b>1 month</b>	<b>\$45</b>	<b>1 month</b>	<b>\$30</b>
<b>3 months</b>	<b>\$40</b>	<b>4 months</b>	<b>\$100</b>
<b>5 months</b>	<b>\$35</b>		
<b>1 year</b>	<b>\$30</b>		
<u>Corporate &amp; Army rate</u>		<u>Thai Boxing</u>	
		<b>1 month</b>	<b>\$30</b>
		<b>4 months</b>	<b>\$100</b>
<b>20% discount</b>			
Corporate (more than 5 persons from the same company)			

**Annual fee 15\$ USD / year**

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e- mail: [nzaraa@hotmail.com](mailto:nzaraa@hotmail.com) - [abouzaraagym@hotmail.com](mailto:abouzaraagym@hotmail.com)