

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
RPM™ Fehmi 08:00 - 09:00		RPM™ Khairi 08:00 - 09:00		RPM™ Karim. R 08:00 - 09:00		
			RPM™ Khairi 09:00 - 10:00			
					RPM™ Karim. R 10:00 - 11:00	
						RPM™ Mohamed 12:00 - 13:00
	RPM™ Mohamed 15:00 - 16:00					
RPM™ Karim. R 17:30 - 18:30	RPM™ Fehmi 17:30 - 18:30	RPM™ Mohamed 17:30 - 18:30	RPM™ Mohamed 17:30 - 18:30	RPM™ 17:30 - 18:30		
RPM™ Housseem 18:30 - 19:30	RPM™ Mohamed 18:30 - 19:30	RPM™ Karim. R 18:30 - 19:30	RPM™ Housseem 18:30 - 19:30			
RPM™ Fehmi 19:30 - 20:30	RPM™ Khairi 19:30 - 20:30	RPM™ Housseem 19:30 - 20:30	RPM™ Karim. R 19:30 - 20:30			

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	CXWORX™ Hamza 08:30 - 09:00					
BODYCOMBAT™ Seif 09:00 - 10:00	BODYATTACK™ Hamza 09:00 - 10:00	BODYSTEP™ Ahmed 09:00 - 10:00	BODYPUMP™ Anis. H 09:00 - 10:00			
RPM™ Seif 10:00 - 11:00	ZUMBA® Hamed 10:00 - 11:00	BODYPUMP™ Ahmed 10:00 - 11:00	RPM™ Anis. H 10:00 - 11:00	RPM™ Jamel 10:00 - 11:00	RPM™ Anis. H 10:00 - 11:00	
		YOGA™ Omar 11:00 - 12:30		SH'BAM™ Iyed 11:00 - 12:00	BODYPUMP™ Anis. H 11:00 - 12:00	RPM™ Ahmed 11:00 - 12:00
						CXWORX™ Ahmed 12:00 - 12:30
					KICK BOXING Makrem 12:30 - 13:30	KICK BOXING Makrem 12:30 - 13:30
	BODYPUMP™ Selma 14:30 - 15:30					
				ZUMBA® Hamed 15:30 - 16:30		
				BODYPUMP™ Ahmed 16:30 - 17:30		
BODYPUMP™ Karim. B 17:30 - 18:30	SH'BAM™ Iyed 17:30 - 18:30	RPM™ Ahmed 17:30 - 18:30	YOGA™ Omar 17:00 - 18:30			
RPM™ Karim. B 18:30 - 19:30	BODYBALANCE™ Svetlana 18:30 - 19:30	BODYPUMP™ Ahmed 18:30 - 19:30	RPM™ Habil 18:30 - 19:30			
BODYATTACK™ Haroun 19:30 - 20:30	RPM™ Selma 19:30 - 20:30	BODYATTACK™ Islem 19:30 - 20:30	BODYCOMBAT™ Habil 19:30 - 20:30			
CXWORX™ Haroun 20:30 - 21:00	CXWORX™ Selma 20:30 - 21:00	CXWORX™ Islem 20:30 - 21:00	CXWORX™ Habil 20:30 - 21:00			
				SH'BAM™ Iyed 21:30 - 22:30		
				ABDOS Iyed 22:30 - 23:00		

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	BODYPUMP™ Houssem 09:00 - 10:00	ABDO-FESSIERS Karim. R 09:00 - 10:00				
					BODYPUMP™ Karim. R 11:00 - 12:00	BODYATTACK™ Mohamed 11:00 - 12:00
					BODYCOMBAT™ Houssem 12:00 - 13:00	
		BODYCOMBAT™ Khairi 15:00 - 16:00	BODYPUMP™ Karim. R 15:00 - 16:00			
BODYPUMP™ Khairi 17:30 - 18:30		BODYCOMBAT™ Karim. R 17:30 - 18:30	BODYPUMP™ Fehmi 17:30 - 18:30	BODYATTACK™ 17:30 - 18:30		
BODYCOMBAT™ Karim. R 18:30 - 19:30	BODYSTEP™ Khairi 18:30 - 19:30	BODYPUMP™ Mohamed 18:30 - 19:30	BODYATTACK™ Mohamed 18:30 - 19:30	BODYPUMP™ 18:30 - 19:30		
	BODYATTACK™ Mohamed 19:30 - 20:30		BODYSTEP™ Khairi 19:30 - 20:30	BODYCOMBAT™ 19:30 - 20:30		
	CXWORX™ Houssem 20:30 - 21:00			CXWORX™ 20:30 - 21:00		

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
			ABDO-FESSIERS Khairi 08:00 - 09:00			
ABDO-FESSIERS Mohamed 09:00 - 10:00		Pilates Achraf 09:00 - 10:00		ABDO-FESSIERS Karim. R 09:00 - 10:00		
				BODYBALANCE™ 16:00 - 17:00		
	ABDO-FESSIERS Karim. R 17:30 - 18:30		SH'BAM™ Khairi 17:30 - 18:30			
	BODYBALANCE™ Achraf 18:30 - 19:30	ZUMBA® Nadia 18:30 - 19:30	BODYBALANCE™ Ichraf 18:30 - 19:30			
SH'BAM™ Khairi 19:30 - 20:30						
			ABDO-FESSIERS Karim. R 20:30 - 21:30			

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		CROSS TRAINING Khairi 16:00 - 17:00				
CROSS TRAINING Fehmi 18:30 - 19:30						
	CROSS TRAINING Karim. R 19:30 - 20:30	TRX Fehmi 19:30 - 20:30	CROSS TRAINING Fehmi 19:30 - 20:30			

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

DANSE ORIENTALE

Amina | 18:30 - 19:30

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
RPM™ Anis. H 08:00 - 09:00	RPM™ Anis. H 08:00 - 09:00		RPM™ Malek 08:00 - 09:00			
		RPM™ Jamel 09:00 - 10:00				
					RPM™ Olfa 11:00 - 12:00	RPM™ Anis. K 11:00 - 12:00
RPM™ Jamel 12:45 - 13:45		RPM™ Anis. K 12:45 - 13:45				
				RPM™ Jamel 16:30 - 17:30		
			RPM™ Hamza 17:30 - 18:30			
RPM™ Jamel 18:30 - 19:30	RPM™ Lamia 18:30 - 19:30	RPM™ Olfa 18:30 - 19:30	RPM™ Jamel 18:30 - 19:30			
RPM™ Ahmed 19:30 - 20:30	RPM™ Islem 19:30 - 20:30	RPM™ Seif 19:30 - 20:30	RPM™ Anis. K 19:30 - 20:30			

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		ABDO-FESSIERS Jamel 08:00 - 09:00		YOGA™ Haifa 08:00 - 09:30		
BODYPUMP™ Anis. H 09:00 - 10:00	CXWORX™ Abdou 09:00 - 09:30		BODYPUMP™ Malek 09:00 - 10:00			TAEKWONDO Hechmi 09:00 - 10:00
	BODYCOMBAT™ Abdou 09:30 - 10:30			BODYPUMP™ Abdou 09:30 - 10:30		TAEKWONDO Hechmi 10:00 - 11:00
					BODYBALANCE™ Olfa 11:00 - 12:00	
ABDOS Jamel 12:15 - 12:45	CXWORX™ Ahmed 12:15 - 12:45	ABDOS Anis. K 12:15 - 12:45	CXWORX™ Haroun 12:15 - 12:45		TAEKWONDO Hechmi 12:00 - 14:00	CXWORX™ Anis. K 12:00 - 12:30
	BODYPUMP™ Ahmed 12:45 - 13:45		BODYATTACK™ Haroun 12:45 - 13:45			
				BODY SCULPT Jamel 15:30 - 16:30		
		BODYPUMP™ Jamel 16:30 - 17:30				
DANSE ORIENTALE Asmahan 17:30 - 18:30	ABDO-FESSIERS Lamia 17:30 - 18:30	BODYBALANCE™ Svetlana 17:30 - 18:30				
BODYCOMBAT™ Selma 18:30 - 19:30	BODYATTACK™ Islem 18:30 - 19:30	BODYPUMP™ Seif 18:30 - 19:30	BODYATTACK™ Hamza 18:30 - 19:30			
BODYPUMP™ Jamel 19:30 - 20:30	BODYCOMBAT™ Habil 19:30 - 20:30	BODYSTEP™ Olfa 19:30 - 20:30	BODY SCULPT Jamel 19:30 - 20:30			
CXWORX™ Ahmed 20:30 - 21:00	CXWORX™ Islem 20:30 - 21:00	CXWORX™ Olfa 20:30 - 21:00	ABDOS Anis. K 20:30 - 21:00	ABDOS Habil 20:30 - 21:00		
				BODYCOMBAT™ Habil 21:30 - 22:30		
				CXWORX™ Habil 22:30 - 23:00		

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	RPM™ Lamia 09:00 - 10:00	RPM™ Karim. B 09:00 - 10:00				
RPM™ Lamia 10:00 - 11:00						
					RPM™ Selma 11:00 - 12:00	RPM™ Sami 11:00 - 12:00
					RPM™ Haroun 12:00 - 13:00	RPM™ Karim. B 12:00 - 13:00
	RPM™ Karim. B 15:00 - 16:00			RPM™ Sami 15:00 - 16:00		
				RPM™ Islem 16:00 - 17:00		
RPM™ Lamia 17:30 - 18:30		RPM™ Mahmoud 17:30 - 18:30	RPM™ Aymen 17:30 - 18:30			
RPM™ Hamza 18:30 - 19:30	RPM™ Aymen 18:30 - 19:30	RPM™ Abdou 18:30 - 19:30	RPM™ Anis. H 18:30 - 19:30			
RPM™ Anis. K 19:30 - 20:30	RPM™ Malek 19:30 - 20:30	RPM™ Lamia 19:30 - 20:30	RPM™ Olfa 19:30 - 20:30			

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Cross Training/TRX Mahmoud 09:00 - 10:00						
					CIRCUIT TRAINING Mahmoud 10:00 - 11:00	
					CXWORX™ Haroun 11:00 - 11:30	CXWORX™ Karim. B 11:00 - 11:30
					KICK BOXING Mahmoud 12:00 - 13:00	
					YOGA™ Omar 13:00 - 14:30	
				CROSS TRAINING Mahmoud 14:30 - 15:30		
				KICK BOXING Mahmoud 16:00 - 17:00		
		CXWORX™ Abdou 17:00 - 17:30				
		TRX Abdou 17:30 - 18:30	DANSE ORIENTALE Asmahan 17:30 - 18:30			
CROSS TRAINING Mahmoud 18:30 - 19:30	CROSS TRAINING Abdou 18:30 - 19:30	CXWORX™ Anis. H 18:30 - 19:00	TRX Aymen 18:30 - 19:30			
CROSS TRAINING Aymen 19:30 - 20:30	BODYBALANCE™ Oxana 19:30 - 20:30	Cross Training/TRX Mahmoud 19:30 - 20:30	Cross Training/TRX Anis. H 19:30 - 20:30			
CXWORX™ Anis. K 20:30 - 21:00	ABDOS Malek 20:30 - 21:00	ABDOS Abdou 20:30 - 21:00	ABDOS Olfa 20:30 - 21:00			

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
				BODYBALANCE™ Oxana 08:00 - 09:00		
			Gym Médicale Oxana 09:00 - 10:00	ABDO-FESSIERS Seif 09:00 - 10:00		
	ABDO-FESSIERS Lamia 10:00 - 11:00	BODYPUMP™ Karim. B 10:00 - 11:00	BODYATTACK™ Sami 10:00 - 11:00	BODYCOMBAT™ Seif 10:00 - 11:00		TAEKWONDO Adel 10:00 - 11:00
		DANSE ORIENTALE Asmahan 11:00 - 12:00	CXWORX™ Sami 11:00 - 11:30		ZUMBA® Hamed 11:00 - 12:00	TAEKWONDO Adel 11:00 - 12:00
					BODYCOMBAT™ Selma 12:00 - 13:00	BODYPUMP™ Sami 12:00 - 13:00
					TAEKWONDO Adel 13:00 - 14:00	
				YOGA™ Omar 14:00 - 15:30	TAEKWONDO Adel 14:00 - 15:00	
BODYCOMBAT™ Habil 15:00 - 16:00			BODYPUMP™ Lamia 15:00 - 16:00	BODYATTACK™ Islem 15:30 - 16:30		
BODYPUMP™ Habil 16:00 - 17:00	ABDO-FESSIERS Karim. B 16:00 - 17:00			BODYPUMP™ Sami 16:30 - 17:30		
KICK BOXING Mahmoud 17:30 - 18:30	ABDO-FESSIERS Abdou 17:30 - 18:30	BODYPUMP™ Anis. H 17:30 - 18:30	BODYBALANCE™ Oxana 17:30 - 18:30			
BODYPUMP™ Lamia 18:30 - 19:30	BODYSTEP™ Malek 18:30 - 19:30	SH'BAM™ Lamia 18:30 - 19:30	BODYATTACK™ Olfa 18:30 - 19:30			
BODYATTACK™ Hamza 19:30 - 20:30	BODYPUMP™ Abdou 19:30 - 20:30	BODYCOMBAT™ Abdou 19:30 - 20:30	BODYPUMP™ Aymen 19:30 - 20:30			

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
				NATATION Aymen 10:15 - 11:00	AQUAGYM Aymen 10:15 - 11:15	
				NATATION Aymen 11:00 - 11:45		
					NATATION Aymen 14:00 - 14:45	
					NATATION Aymen 14:45 - 15:30	
				AQUAGYM Aymen 16:30 - 17:30		
NATATION Aymen 17:00 - 17:45		NATATION Aymen 17:00 - 17:45				
NATATION Aymen 17:45 - 18:30	AQUABODYBIKE Aymen 17:45 - 18:45	NATATION Aymen 17:45 - 18:30	AQUABODYBIKE Anis. H 17:45 - 18:45			
AQUADYNAMIC Oxana 18:45 - 19:45	AQUADYNAMIC Oxana 18:45 - 19:45	AQUABODYBIKE Mahmoud 18:45 - 19:45	AQUAGYM Oxana 18:45 - 19:45			
AQUABODYBIKE Mahmoud 19:45 - 20:45		AQUAGYM Aymen 19:45 - 20:45				



Club Ennasr: Squash
Semaine du 22-05 au 28-05

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

Aucun cours n'est disponible dans cette salle.

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
BODYCOMBAT™ Moez 12:15 - 13:00	SH'BAM™ Iyed 12:15 - 13:15	BODYATTACK™ Sami 12:15 - 13:15	BODYSTEP™ Iyed 12:15 - 13:15	BODYPUMP™ Karim. B 12:15 - 13:15	BODYCOMBAT™ Rahma 12:15 - 13:15	
RPM™ Moez 13:00 - 14:00				CXWORX™ Karim. B 13:15 - 13:45	ABDO-FESSIERS Rahma 13:15 - 14:15	
RPM™ Souhaib 18:00 - 19:00	BODYCOMBAT™ Moez 18:00 - 19:00	SH'BAM™ Iyed 18:00 - 19:00	RPM™ Souhaib 18:00 - 19:00	BODYPUMP™ Karim. B 18:00 - 19:00		
BODYATTACK™ Souhaib 19:00 - 20:00	CXWORX™ Moez 19:00 - 19:30	BODYSTEP™ Iyed 19:00 - 20:00	BODYATTACK™ Souhaib 19:00 - 20:00	RPM™ Karim. B 19:00 - 20:00		
CXWORX™ Souhaib 20:00 - 20:30	BODYBALANCE™ Moez 19:30 - 20:30					

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
RPM™ Iyed 08:00 - 09:00		RPM™ Iyed 08:00 - 09:00				
			RPM™ Lamia 09:00 - 10:00			
						RPM™ Habil 10:00 - 11:00
					RPM™ Malek 11:00 - 12:00	RPM™ Malek 11:00 - 12:00
	RPM™ Islem 12:45 - 13:45				RPM™ Lamia 12:15 - 13:15	
				RPM™ Selma 15:30 - 16:30		
RPM™ Sami 17:30 - 18:30	RPM™ Haroun 17:30 - 18:30	RPM™ Selma 17:30 - 18:30	RPM™ Malek 17:30 - 18:30			
RPM™ Abdou 18:30 - 19:30	RPM™ Seif 18:30 - 19:30	RPM™ Habil 18:30 - 19:30	RPM™ Ahmed 18:30 - 19:30	RPM™ Olfa 18:30 - 19:30		
RPM™ Iyed 19:30 - 20:30	RPM™ Anis. K 19:30 - 20:30	RPM™ Karim. B 19:30 - 20:30	RPM™ Anis. K 19:30 - 20:30			

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	BODYPUMP™ Ahmed 08:00 - 09:00		BODYPUMP™ Lamia 08:00 - 09:00			
CXWORX™ Iyed 09:00 - 09:30		CXWORX™ Iyed 09:00 - 09:30				
					BODYPUMP™ Lamia 11:00 - 12:00	BODYPUMP™ Habil 11:00 - 12:00
CXWORX™ Malek 12:15 - 12:45	ABDOS Islem 12:15 - 12:45	CXWORX™ Habil 12:15 - 12:45	CXWORX™ Hamza 12:15 - 12:45		BODYATTACK™ Malek 12:15 - 13:15	CXWORX™ Malek 12:15 - 12:45
BODYATTACK™ Malek 12:45 - 13:45		BODYPUMP™ Habil 12:45 - 13:45	BODYPUMP™ Hamza 12:45 - 13:45			
				BODYPUMP™ Selma 16:30 - 17:30		
BODYATTACK™ Olfa 17:30 - 18:30	BODYPUMP™ Seif 17:30 - 18:30	BODYCOMBAT™ Habil 17:30 - 18:30				
BODYPUMP™ Sami 18:30 - 19:30	BODYATTACK™ Haroun 18:30 - 19:30	BODYPUMP™ Selma 18:30 - 19:30	SH'BAM™ Iyed 18:30 - 19:30			
BODYCOMBAT™ Abdou 19:30 - 20:30	ABDO-FESSIERS Seif 19:30 - 20:30	BODYATTACK™ Hamza 19:30 - 20:30	BODYSTEP™ Ahmed 19:30 - 20:30			
CXWORX™ Iyed 20:30 - 21:00	CXWORX™ Anis. K 20:30 - 21:00	CXWORX™ Hamza 20:30 - 21:00	CXWORX™ Anis. K 20:30 - 21:00			
				ABDO-FESSIERS Seif 21:30 - 22:30		
				BODYCOMBAT™ Seif 22:30 - 23:30		

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	YOGA™ Haifa 08:00 - 09:30					
					YOGA™ Haifa 12:15 - 13:45	
SAVATE Mehdi 12:45 - 13:45			Pilates Haifa 12:45 - 13:45			
DANSE ORIENTALE Meriam 18:30 - 19:30	YOGA™ Haifa 18:00 - 19:30	DANSE ORIENTALE Meriam 18:30 - 19:30	CXWORX™ Malek 18:30 - 19:00			
ZUMBA® Ahmed 19:30 - 20:30	Pilates Haifa 19:30 - 20:30	BODYBALANCE™ Selma 19:30 - 20:30	YOGA™ Haifa 19:30 - 21:00			

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
				Cross Training/TRX Jawhar 09:00 - 10:00		
					SAVATE Mehdi 10:00 - 11:00	CROSS TRAINING Rami 10:00 - 11:00
					TRX Hamouda 11:00 - 12:00	
			TRX Hamouda 12:15 - 13:15			
		SAVATE Mehdi 12:45 - 13:45				
TRX Hamouda 17:30 - 18:30		TRX Hamouda 17:30 - 18:30	TRX Hamouda 17:30 - 18:30			
TRX Hamouda 18:30 - 19:30	CROSS TRAINING Rami 18:30 - 19:30		TRX Hamouda 18:30 - 19:30			
CROSS TRAINING Jawhar 19:30 - 20:30		CROSS TRAINING Rami 19:30 - 20:30				
				TRX Hamouda 21:30 - 22:30		
				Cross Training/TRX Rami 22:30 - 23:30		

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
					NATATION Issam 11:00 - 11:45	NATATION Issam 11:00 - 11:45
					NATATION Issam 11:45 - 12:30	NATATION Issam 11:45 - 12:30
				NATATION Issam 15:30 - 16:15		
				NATATION Issam 16:30 - 17:15		
NATATION Issam 17:00 - 17:45		NATATION Issam 17:00 - 17:45				
NATATION Issam 17:45 - 18:30		NATATION Issam 17:45 - 18:30				
AQUAGYM Olfa 18:45 - 19:45	AQUABODYBIKE Anis. K 18:45 - 19:45	AQUAGYM Karim. B 18:45 - 19:45				
	AQUADYNAMIC Karim. B 19:45 - 20:45		AQUABODYBIKE Malek 19:45 - 20:45			
				AQUAGYM Olfa 22:30 - 23:30		