



# GEMMAYZEH on the MEGACORE MARCH SCHEDULE

Please book your spot in advance- places are limited

Download our APP  01-217604  21-217604  
namatbeirut.com

•MONDAY•

**MEGACORE**  
Full body  
Michelle

TO  
09:00am  
09:50am

•TUESDAY•

**MEGABURN**  
Pilates based  
Nikki

TO  
11:30am  
12:20pm

**MEGABURN**  
Strength based  
Nikki

TO  
04:00pm  
04:50pm

**MEGAGLOW**  
Pilates  
&Strength  
Carmen

TO  
06:00pm  
06:50pm

**MEGAGLOW**  
Pilates  
&Strength  
Carmen

TO  
07:00pm  
07:50pm

WEDNESDAY•

**MEGAGLOW**  
Pilates  
&Strength  
Carmen

TO  
07:30am  
08:20am

**MEGASHAPE**  
Fitness based  
Zeina

TO  
11:00am  
11:50am

**MEGASCULPT**  
Pilates based  
Steffy

TO  
06:00pm  
06:50pm

**MEGAFLOW**  
Yoga based  
Aceel

TO  
08:00pm  
08:50pm

•THURSDAY•

**MEGALATES**  
Yogalates based  
Lina

TO  
09:00am  
09:50am

**MEGABURN**  
Strength based  
Nikki

TO  
12:00pm  
12:50pm

**MEGABURN**  
Pilates based  
Nikki

TO  
04:00pm  
04:50pm

**MEGAPUMP**  
Bodysculpt  
Natasha

TO  
06:30pm  
07:20pm

**MEGACORE**  
Men's strength  
Zeina

TO  
07:30pm  
08:20pm

•FRIDAY•

**MEGACORE**  
Full body  
Michelle

TO  
09:00am  
09:50am

**MEGASHAPE**  
Fitness based  
Zeina

TO  
11:00am  
11:50am

**MEGASCULPT**  
Pilates based  
Lilian

TO  
04:00pm  
04:50pm

**MEGASCULPT**  
Pilates based  
Steffy

TO  
05:00pm  
05:50pm

**MEGAGLOW**  
Pilates  
&Strength  
Carmen

TO  
06:00pm  
06:50pm

**MEGAGLOW**  
Pilates  
&Strength  
Carmen

TO  
07:00pm  
07:50pm

•SATURDAY•

**MEGAPUMP**  
Strength based  
Natasha

TO  
09:00am  
09:50am

**MEGALATES**  
Yogalates based  
Lina

TO  
10:00am  
10:50am

**MEGASCULPT**  
Pilates based  
Steffy

TO  
11:00am  
11:50am

**MEGASTRETCH**  
Stretching  
based  
Steffy

TO  
12:00pm  
12:45pm

•SUNDAY•

**MEGASCULPT**  
Pilates based  
Steffy

TO  
10:00am  
10:50am

**MEGASTRETCH**  
Stretching  
based  
Steffy

TO  
11:00am  
11:45am