



MARCH SCHEDULE

ASHRAFIEH

Please book your spot in advance- places are limited

01-217604 21-217604

namatbeirut.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUSION PILATES Nadeen 08:30 am - 09:30 am			VINYASA FLOW (Open for Beginners) Leena 07:40 am - 08:40 am	PILATES SCULPT Leena 07:00 am - 08:00 am		
YOGALATES Cathy 10:00 am - 11:00 am	PILATES CORE & GLUTES FLOW Chadya 08:15 am - 09:15 am	WALL PILATES Nadeen 08:15 am - 09:15 am		YOGALATES Cathy 10:00 am - 11:00 am	AERIAL KIDS Sarah (6 - 12) 09:00 am - 10:00 am	
AERIAL KIDS Razan (6 - 12) 03:30 pm - 04:25 pm	SILVER YOGIS Monique 10:00 am - 11:00 am	FUSION PILATES Joelle 10:00 am - 11:00 am	GENTLE YOGA FLOW Monique 10:00 am - 11:15 am	PILATES CORE & GLUTES FLOW Chadya 11:15 am - 12:15 pm	HIP HOP KIDS Patil (6-12) 10:00 am - 11:00 am	PILATES SCULPT Nadeen 10:00 am - 11:00 am
AERIAL KIDS Razan (6 - 12) 04:30 pm - 05:25 pm	AERIAL KIDS Razan (6 - 12) 04:00 pm - 04:55 pm	HIP HOP KIDS Vana 04:00 pm - 05:00 pm	HIP HOP KIDS & TEENS Patil (6-12) 04:00 pm - 05:00 pm	HIP HOP KIDS Beginner Vana 04:00 pm - 05:00 pm	PILATES SCULPT Nadeen 11:15 am - 12:15 pm	STRETCH & RESTORE Nadeen 11:15 am - 12:00 pm
AERIAL KIDS Razan (6 - 12) 05:30 pm - 06:25 pm	AERIAL TEENS Razan 05:00 pm - 05:55 pm	AERIAL KIDS Zeina 05:00 pm - 06:00 pm	AERIAL KIDS Nermine 05:00 pm - 06:00 pm	HIP HOP KIDS Advanced Vana 05:00 pm - 06:00 pm		
PILATES SCULPT Steffy 06:30 pm - 07:30 pm	VINYASA FLOW (Open for Beginners) Leena 06:00 pm - 07:15 pm	AERIAL DANCE TEENS Nermine 06:00 pm - 07:00 pm	PILATES SCULPT Steffy 06:30 pm - 07:30 pm	AERIAL DANCE KIDS Nermine 06:00 pm - 07:00 pm		
FUSION PILATES Nadeen 07:30 pm - 08:30 pm	AERIAL DANCE (Adults) Nermine 07:30 pm - 08:30 pm	YOGALATES Joelle 07:30 pm - 08:30 pm	STRETCH & RESTORE Steffy 07:30 pm - 08:15 pm	AERIAL DANCE (Adults) Nermine 07:00 pm - 08:00 pm		

NEW CLASS