



FEBRUARY SCHEDULE

ASHRAFIEH

Please book your spot in advance- places are limited

☎ 01-217604 ☎ 21-217604

namatbeirut.com

•MONDAY•

•TUESDAY•

•WEDNESDAY•

•THURSDAY•

•FRIDAY•

•SATURDAY•

•SUNDAY•

			<p>VINYASA FLOW (Open for Beginners) Leena</p> <p>TO 07:40 am TO 08:40 am</p>	<p>PILATES SCULPT Leena</p> <p>TO 07:00 am TO 08:00 am</p>		
<p>FUSION PILATES Nadeen</p> <p>TO 08:30 am TO 09:30 am</p>	<p>PILATES CORE & GLUTES FLOW Tamara</p> <p>TO 08:15 am TO 09:15 am</p>	<p>WALL PILATES Nadeen</p> <p>TO 08:15 am TO 09:15 am</p>		<p>YOGALATES Cathy</p> <p>TO 10:00 am TO 11:00 am</p>	<p>AERIAL KIDS Sarah (6 - 12)</p> <p>TO 09:00 am TO 10:00 am</p>	
<p>YOGALATES Cathy</p> <p>TO 10:00 am TO 11:00 am</p>	<p>SILVER YOGIS Monique</p> <p>TO 10:00 am TO 11:00 am</p>	<p>FUSION PILATES Nadeen</p> <p>TO 10:00 am TO 11:00 am</p>	<p>GENTLE YOGA FLOW Monique</p> <p>TO 10:00 am TO 11:15 am</p>	<p>PILATES CORE & GLUTES FLOW Tamara</p> <p>TO 11:15 am TO 12:15 pm</p>	<p>HIP HOP KIDS Patil (6-12)</p> <p>TO 10:00 am TO 11:00 am</p>	<p>PILATES SCULPT Nadeen</p> <p>TO 10:00 am TO 11:00 am</p>
<p>AERIAL KIDS Razan (6 - 12)</p> <p>TO 04:00 pm TO 04:55 pm</p>	<p>AERIAL KIDS Razan (6 - 12)</p> <p>TO 04:00 pm TO 04:55 pm</p>	<p>HIP HOP KIDS Vana</p> <p>TO 04:00 pm TO 05:00 pm</p>	<p>HIP HOP KIDS & TEENS Patil (6-12)</p> <p>TO 04:00 pm TO 05:00 pm</p>	<p>HIP HOP KIDS Beginner Vana</p> <p>TO 04:00 pm TO 05:00 pm</p>	<p>PILATES SCULPT Nadeen</p> <p>TO 11:15 am TO 12:15 pm</p>	<p>STRETCH & RESTORE Nadeen</p> <p>TO 11:15 am TO 12:00 pm</p>
<p>AERIAL KIDS Razan (6 - 12)</p> <p>TO 05:00 pm TO 05:55 pm</p>	<p>AERIAL TEENS Razan</p> <p>TO 05:00 pm TO 05:55 pm</p>	<p>AERIAL KIDS Zeina</p> <p>TO 05:00 pm TO 06:00 pm</p>	<p>AERIAL KIDS Nermine</p> <p>TO 05:00 pm TO 06:00 pm</p>	<p>HIP HOP KIDS Advanced Vana</p> <p>TO 05:00 pm TO 06:00 pm</p>		
<p>PILATES SCULPT Steffy</p> <p>TO 06:30 pm TO 07:30 pm</p>	<p>VINYASA FLOW (Open for Beginners) Leena</p> <p>TO 06:00 pm TO 07:15 pm</p>	<p>AERIAL DANCE TEENS Nermine</p> <p>TO 06:00 pm TO 07:00 pm</p>	<p>PILATES SCULPT Steffy</p> <p>TO 06:30 pm TO 07:30 pm</p>	<p>AERIAL DANCE KIDS Nermine</p> <p>TO 06:00 pm TO 07:00 pm</p>		
<p>PILATES GLOW Carmen</p> <p>TO 07:30 pm TO 08:30 pm</p>		<p>AERIAL DANCE (Adults) Nermine</p> <p>TO 07:30 pm TO 08:30 pm</p>	<p>STRETCH & RESTORE Steffy</p> <p>TO 07:30 pm TO 08:15 pm</p>	<p>AERIAL DANCE (Adults) Nermine</p> <p>TO 07:00 pm TO 08:00 pm</p>		

NEW CLASS