



JUNE SCHEDULE

ASHRAFIEH

Please book your spot in advance- places are limited

☎ 01-217604

☎ 21-217604

Download our APP



namatbeirut.com

•MONDAY•

•TUESDAY•

•WEDNESDAY•

•THURSDAY•

•FRIDAY•

•SATURDAY•

•SUNDAY•

**FUSION
PILATES**
Nadeen

TO 08:30 am
09:30 am

**WALL
PILATES**
Nadeen

TO 08:00am
09:00am

**VINYASA
FLOW**
(Open for Beginners)
Leena

TO 07:40 am
08:40 am

**PILATES
SCULPT**
Leena

TO 07:00 am
08:00 am

YOGALATES
Aceel

TO 10:00 am
11:00 am

**SILVER
YOGIS**
Monique

TO 10:00 am
11:00 am

**CLASSICAL
MAT PILATES**
Chadya

TO 10:00am
11:00 am

**GENTLE
YOGA FLOW**
Monique

TO 10:00 am
11:15 am

YOGALATES
Aceel

TO 10:00 am
11:00 am

**AERIAL
DANCE KIDS**
Sarah
(6 - 12)

TO 09:00 am
09:55 am

**AERIAL
KIDS**
Razan
(5 - 8)

TO 03:30pm
04:25pm

**FUSION
PILATES**
Joelle

TO 11:15 am
12:15 pm

**PILATES
CORE & GLUTES
FLOW**
Chadya

TO 11:15 am
12:15 pm

**HIP HOP
KIDS**
Patil
(6-12)

TO 10:00 am
10:55 am

**PILATES
SCULPT**
Nadeen

TO 10:00 am
11:00 am

**AERIAL
KIDS**
Razan
(6 - 12)

TO 04:30pm
05:25pm

**AERIAL
KIDS**
Razan
(6 - 12)

TO 04:00 pm
04:55 pm

**HIP HOP
KIDS**
Laeticia

TO 04:00 pm
04:55 pm

**HIP HOP
KIDS & TEENS**
Patil
(6-12)

TO 04:00 pm
04:55 pm

**HIP HOP
KIDS**
Beginner
Laeticia

TO 04:00 pm
04:55 pm

**PILATES
SCULPT**
Nadeen

TO 11:15 am
12:15 pm

**AERIAL
KIDS**
Razan
(6 - 12)

TO 05:30pm
06:25pm

**AERIAL
TEENS**
Razan

TO 05:00 pm
05:55 pm

**AERIAL
KIDS**
Zeina

TO 05:00 pm
05:55 pm

**AERIAL
KIDS**
Nermine

TO 05:00 pm
05:55pm

**HIP HOP
KIDS**
Advanced
Laeticia

TO 05:00 pm
05:55 pm

**PILATES
SCULPT**
Steffy

TO 06:30 pm
07:30 pm

**VINYASA
FLOW**
(Open for Beginners)
Leena

TO 06:00 pm
07:15 pm

**AERIAL
DANCE TEENS**
Nermine

TO 06:00 pm
06:55 pm

**PILATES
SCULPT**
Steffy

TO 06:30 pm
07:30 pm

**AERIAL
DANCE KIDS**
Nermine

TO 06:00 pm
06:55 pm

**FUSION
PILATES**
Nadeen

TO 07:30 pm
08:30 pm

**QIGONG &
MEDITATION**
Tony Barrak

TO 07:30 pm
08:45 pm

**VINYASA
FLOW**
Aceel

TO 07:00 pm
08:00 pm

**HATHA
YOGA**
Nour

TO 07:30 pm
08:45 pm

**AERIAL
DANCE**
(Adults)
Nermine

TO 07:00 pm
08:00 pm



NEW CLASS