

Group Fitness Fall Schedule 2010

Courses
12:00 pm

Fitness Classes
7:00 pm 8:00 pm

Special Classes
9:00 pm 10:00 pm

SAT

SAFE Academy's
Professional
Group Fitness
Instructor Course

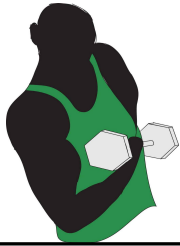
Basic Hi/Lo
Titoo

Para Stepping
Karim

Triple 20
Dina

SAFE
Pilates
Karim

SUN



Firm it
Diaa & Titoo

Aerobica
yasser

Ashtanga
Yoga
Karim

Hip-Hop
Yulia

MON

SAFE Academy's
Professional
Group Fitness
Instructor Course

Basic Step
YASSER

Vinyasa
Yoga
Ramy

conTEMPO
Karim

Tae- bo
Yasser

TUE



Crazy
Robics
Bombo & Nour

Step 4 Life
Yasser

Ashtanga
Yoga
Karim

SAFE
Pilates
Karim

WED

SAFE Academy's
Personal
Training Course



Double
Trouble
Seba & Bombo

Vinyasa
Yoga
Seba

Belly
Dancing
Instructor

THU

SAFE Pilates®
Course Level 1



Dyna Tone
Dina



Salsa
Karim

Classes in GRAY boxes are by registration only and are not included in the basic membership. Prices & bookings are at the Front Desk.

STEP.. the future of fitness, TODAY !

STEP Center: 8, Dr. Hanem Mohamed Hassan Street, behind "Le Meridien Pyramids Hotel", Remaya Square, Giza
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