

CSA REPS Studios

February Schedule

◆ Group Fitness ◆ Special Classes 🎭 Kids Classes

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15		◆ Spinning Erin			◆ Spinning Anne		
	◆ Pump Pietro		◆ Pump Pietro		◆ Vinyasa Flow Malak		◆ Spinning Celine /Erin (Starts @ 8:30)
9:30		◆ TRX Neveen		◆ Yogalates Neveen	◆ Barre Class Salma Abdel Salam		
9:30		◆ Zumba Connie					
10:00	◆ Bodification Sarah Helmy		◆ Barre Sculpt Alia Oraby				◆ Vinyasa Flow Malak
11:00	◆ Belly Dance Sohair			◆ Belly Dance Sohair		◆ Barre Sculpt Alia Oraby	
16:30		◆ Yoga Ladies Marilyn					🎭 Kids Drama
17:00							🎭 Kids Drama
18:00							
18:30				◆ Belly Dance Sohair			
19:00			◆ TRX Neveen				

Note: This schedule may be subject to change at any time. Instructors may be replaced without notice. All classes should be booked in advanced. Kindly reserve your spot with payment in advance for all pre-paid classes. Minimum of attendance for running classes are 3. For more information and/or booking please email reps@livinginegypt.org or call/WhatsApp 01003829368.

