



CAPITAL PROMENADE SEPTEMBER SCHEDULE |

(LO) LADIES ONLY |

● MMA/FIGHTING CLASSES

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:15PM ANIMAL FLOW SHAWKY (NEW)	11:00AM ICHORIO OSSAMA RADWAN	11:00AM (LO) SET UP MARWA	11:00AM (LO) ZUMBA YASMINE KAMAR	11:00AM (LO) BELLY DANCING AICHA	UFC GYM
UFC GYM	12:15PM (LO) DEEP STRETCH EMMA	12:15PM (LO) DANCERSICE NIVEEN	12:15PM (LO) FUNCTION TRAINING NADA	12:15PM (LO) TONING VILMA	12:15PM (LO) WORLD JUMPING NIVEEN
6:00PM SPINNING CHICCO	6:00PM SPINNING EMMA	6:00PM (LO) DEEP TONING VILMA	6:00PM (LO) WORLD JUMPING WALAA	6:00PM SPINNING FATTAH	7:00PM SALSA INTERMEDIET NOUR
7:00PM (LO) BELLY DANCE BODI	7:00PM MUSCLE TUNNING SHAHIRA MEGALLAWI	7:00PM SPINNING HOSSAM	7:00PM PUMP & TONE RAY	7:00PM STRONG NATION FATTAH	UFC GYM
UFC GYM	8:15PM TRX SHAWKI	8:00PM KONGA (NEW) HEBA	8:00PM SPINNING MAHINAS	8:00PM YOGA EMMA	UFC GYM
UFC GYM	UFC GYM	UFC GYM	8:15PM POWER YOGA CHRISTINE	9:15PM AFRO DANCE NOUR	UFC GYM

11:AM D.U.T. PUSH & PULL GAMAL	6:00PM D.U.T. STRENGTH COND. GAMAL	6:00PM NO GI BJJ FAWZY	6:00PM D.U.T. TONE & STRENGTHEN MUSTAFA	6:00PM NO GI BJJ FAWZY	6:00PM D.U.T. FUNC. STRENGTHEN ANTAR
6:00PM JUDO MOHAMED YOUSSEF	7:00PM BOXING COND. MOHEY	6:00PM D.U.T. FITLAB SHAWKY	7:00PM MMA COND. JOKER	6:00PM D.U.T. CROSS HIIT KELANY	FRIDAY
8:00PM KICK BOXING. ADV. PAID CLASS GAMAL	8:00PM MMA COND. JOKER	7:00PM BOXING COND. NASHAAT	8:00PM BOXING COND. MOHEY	7:00PM BOXING COND. NASHAAT	
UFC GYM	UFC GYM	7:00PM MMA SKILLS&TECHNIQUES RAWASH	UFC GYM	7:00PM MMA SKILLS&TECHNIQUES RAWASH	2:00PM D.U.T. CORE ATTACK MUSTAFA
UFC GYM	UFC GYM	8:00PM KICK BOXING COND. GAMAL	UFC GYM	8:00PM KICK BOXING COND. GAMAL	UFC GYM

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