URBAN RETREAT
GYM

SHAPE URBODY

SCHEDULE

CLASSES	DAY	TIME	INSTRUCTOR
PILATES	WEDNESDAY	6PM	RANA
STRETCH IT	THURSDAY	11:30AM	MARY-JOY
YOGA	THURSDAY	7:30PM	JULIE
SPIN IT	SATURDAY	11:30AM	ROBERT
SHAKES & SHAPES	SATURDAY	12:30AM	GHINWA

AÏSHTI
BY THE SEA

AÏSHTI BY THE SEA, ANTELIAS, LEVEL 4, T. 04 711 940