

JCC

jeita country club
Activities and Classes shedule 2012

Class	Details	Date & Time	Trainer
LesMills	Body Attack	Monday/Wednesday 10h - 12h Tuesday/Thursday 19h30 - 21h30	Abdo Chibli
	Body Combat		
	Body Balance		
	Body Pump		
	Body Step	Friday 11h00 - 12h00	
	Body Jam/Body Pump	Saturday 10h30 - 12h30	
Taekwondo Junior	up to 7 years	Monday/Friday 17h30 - 18h30	Julie Dib
	up to 13 years	Monday/Friday 18h30 - 19h30	
Taekwondo Senior		Monday/Friday 19h30 - 20h30	
Taebo		Monday/Wednesday/Friday 18h30 - 19h30	Roula Khadra
Judo		Wednesday 18h15 - 19h15	Jad Fadel
		Saturday 11h30 - 13h30	
Karate		Tuesday/Thursday 18h30 - 20h	Georges Moussan
Stretching		Monday/Wednesday/Friday 9h30 - 10h30	Ivan Korgian
		tuesday/Thursday 18h15 - 19h15	
Oriental Dance		Wednesday 18h30 - 20h30	Ghinwa Slaiby
Gymnastics		Tuesday/Wednesday 16h15 - 18h30	Roger Aad
Massage		by appointment only	Krystel Roland
Natation		by appointment only	