

# LUNDI



2025	Salle 1	Salle 2	Salle 3 TRX	Salle 4	Cycling	Yoga	Omni- sports	Piscine
8h - 8h45		Total Workout Diana						
9h - 9h45	Miami Balance Fouzia	Pilates Diana						Aqua Bike Khalil
10h - 10h45	Orientale Débutant Chaymae	Shape Body Si-Med						Aqua Gym Khalil
11h30 - 12h15	11h Body Sculpt Sara	Pump & Pilates Leila				11h Yin Yoga Sabrine	12h30 à 14h Body Sculpt Hicham1	Aqua Dynamic Fouzia
12h30 - 13h30								Aqua Bike Fouzia
P A U S E								
16h30 - 17h15								Aqua Gym Hamouda
17h30 - 18h15		Dance By Oswald						Aqua Gym Hamouda
18h30 - 19h15	18h à 19h30 Pump Abdos Hicham 2	19h Pilates Leila				Power Flow Sabrine	A partir de 19h Mini Foot	Aqua Jogging Zakaria
19h30 - 20h30					Spinning Hicham 2			Aqua Tae Bo Zakaria

**Miami Fitness Club & Spa**  
 Bd de la Corniche, Ain Diab, Casablanca,  
 Tél: 0522 79 75 47 / [info@miami.ma](mailto:info@miami.ma)  
 #SHAREYOURWORKOUTS with us on  
 Instagram @miamifitnessclubcasa  
[www.miami.ma](http://www.miami.ma)

# MARDI



2025	Salle 1	Salle 2	Salle 3 TRX	Salle 4	Cycling	Yoga	Omni- sports	Piscine
8h - 8h45		Pilates Sara						
9h - 9h45		Renf. Muscul. Sara						Aqua Abdos-F Zakaria
10h - 10h45		Total Body Fouzia						A. Body Sculpt Zakaria
11h30 - 12h15	Orientale Intermédiaire Chaymae	Body Band & Jumping Leila				11h YIN Restauratif Sabrine	12h30 à 14h Renfo. Abdos Hicham1	11h30 à 13h15 Aqua Gym Aqua Bike Khalil
12h30 - 13h30						12h Vinyasa Sabrine		
P A U S E								
17h30 - 18h15		Afro Danse Junior			Spinning Hicham 1		Abdos- Fessiers Oswald	Aqua Gym Hamouda
18h30 - 19h15	Dance By Oswald	Renf. Muscul. Diana		Grit Pump Hicham 2				Aqua Dynamic Hamouda
19h30 - 20h30	Pump Hicham2	Pilates Diana						

**Miami Fitness Club & Spa**  
**Bd de la Corniche, Ain Diab, Casablanca,**  
**Tél: 0522 79 75 47 / info@miami.ma**  
**#SHAREYOURWORKOUTS with us on**  
**Instagram @miamifitnessclubcasa**  
**www.miami.ma**

# MERCREDI



2025	Salle 1	Salle 2	Salle 3 TRX	Salle 4	Cycling	Yoga	Omni-sports	Piscine
8h - 8h45		Total Body Sara						
9h - 9h45		C.A.F Si-Med					9h30 Miami Fit + Stretching Simo	Aqua Tonic Fouzia
10h - 10h45	10h30 Circuit Training Imad	Dance By Oswald			Spinning Si-Med			Aqua Fitness Fouzia
11h30 - 12h15	Orientale Chorégraphie Chaymae		TRX Imad			11h15 Hatha Flow Sabrina	12h30 à 14h Cross Training Hicham1	Aqua Tae Bo Zakaria
12h30 - 13h30		Upper Body Pump Imad						Aqua Gym Zakaria
P A U S E								
17h30 - 18h15							A partir de 19h Mini Foot	17h Aqua Bike Khalil
18h30 - 19h15	Body Tonic Si-Med	18h Body Shape Leila		18h à 19h30 Miami Grit Hicham 2		Vinyasa Sabrina		18h Wat Fit Khalil
19h30 - 20h30	Core Fit Si-Med	Jumping Leila			Spinning Hicham 2			

**Miami Fitness Club & Spa**  
**Bd de la Corniche, Ain Diab, Casablanca,**  
**Tél: 0522 79 75 47 / info@miami.ma**  
**#SHAREYOURWORKOUTS with us on**  
**Instagramf @miamifitnessclubcasa**  
**www.miami.ma**

# JEUDI



2025	Salle 1	Salle 2	Salle 3 TRX	Salle 4	Cycling	Yoga	Omni- sports	Piscine
8h - 8h45		Renfo Musculaire Sara						
9h - 9h45		C.A.F Sara						Aqua Spinning Khalil
10h - 10h45	Danse Orientale Chaymae					Yogalates Sabrine	10h à 11h30 Renf. + Balance Fouzia	Aqua Tonic Khalil
11h30 - 12h15		Pilates & Jumping Leila			12h30 à 14h Spinning Hicham1	Aérien Sabrine		Aqua Gym Hamouda
12h30 - 13h30								
P A U S E								
17h30 - 18h15		Dance By Oswald	TRX Imad				17h30 à 19h Renf. Muscul. & Pilates Diana	Aqua Gym Zakaria
18h30 - 19h15	Abdos Fessiers Oswald		18h15 boot Camp Imad		Spinning Hicham 2			Aqua A.F Zakaria
19h30 - 20h30	Pump Hicham 2	19h Step Avancé Leila						

**Miami Fitness Club & Spa**  
**Bd de la Corniche, Ain Diab, Casablanca,**  
**Tél: 0522 79 75 47 / info@miami.ma**  
**#SHAREYOURWORKOUTS with us on**  
**Instagram @miamifitnessclubcasa**  
**www.miami.ma**

# VENDREDI



2025	Salle 1	Salle 2	Salle 3 TRX	Salle 4	Cycling	Yoga	Omni-sports	Piscine
8h - 8h45	Pilates Imad							
9h - 9h45					Spinning Imad		9h30 Body Planes + Body Stretch Simo	Aqua Body Sculpt Zakaria
10h - 10h45		Total Body Si-Med	TRX Imad					Aqua Jogging Zakaria
11h30 - 12h15		11h30 à 13h15 Total Workout + Pilates Diana				11h Open Body Wheel Sabrina	11h Boot Camp Imad	Aqua Fitness Fouzia
12h30 - 13h30						12h Yogalates Sabrina		Aqua Bike Fouzia
P A U S E								
16h30 - 17h15	Animation Orientale Chaymae							
17h30 - 18h15		Afro Dance Junior						Aqua Fitness Hamouda
18h30 - 19h15	Fonctionnel Training Hicham1	19h Total Workout Leila				Hatha Flow Susan	A partir de 19h Mini Foot	Aqua Gym Hamouda
19h30 - 20h30								

# SAMEDI



2025	Salle 1	Salle 2	Salle 3 TRX	Salle 4	Cycling	Yoga	Omni-sports	Piscine
8h - 8h45	Total Workout Diana							9h Wat Fit + Aqua Gym Khalil
9h - 9h45	Body Pump Imad	9h30 New Jap Simo					Pilates Diana	
10h - 10h45			TRX Imad		Spinning Hicham 2			
11h - 12h						Yin Yoga Susan		11h Aqua Dynamic Zakaria
12h30 - 13h30		11h45 Dance By Oswald					Pilates Leïla	
P A U S E								
17h30 - 17h15								
17h30 - 18h15							A partir de 16h Mini Foot	Aqua Fitness Hamouda
18h30 - 19h30		Bike Renf. Dos Si-Med						Aqua Gym Hamouda

**Miami Fitness Club & Spa**  
 Bd de la Corniche, Ain Diab, Casablanca,  
 Tél: 0522 79 75 47 / [info@miami.ma](mailto:info@miami.ma)  
 #SHAREYOURWORKOUTS with us on  
 Instagram @miamifitnessclubcasa  
[www.miami.ma](http://www.miami.ma)

# DIMANCHE



2025	Salle 1	Salle 2	Salle 3 TRX	Salle 4	Cycling	Yoga	Omni- sports	Piscine
8h - 8h45								
9h - 9h45		9h30 à 11h15 Miami Combat					9h30 Barre au Sol	10h Aqua Mix Khalil
10h - 10h45		+ Renf. Muscul. Hicham 2			10h30 Spinning Imad		+ Stretch Simo	
11h - 12h								
12h30 - 13h30		11h30 Anti-Stress Imad						
P A U S E								
16h30 - 17h15								
17h30 - 18h15							A partir de 16h Mini Foot	Aqua Fitness Hamouda
18h30 - 19h30		Gym Douce Si-Med						Aqua Gym Hamouda

Miami Fitness Club & Spa  
 Bd de la Corniche, Ain Diab, Casablanca,  
 Tél: 0522 79 75 47 / [info@miami.ma](mailto:info@miami.ma)  
 #SHAREYOURWORKOUTS with us on  
 Instagramf @miamifitnessclubcasa  
[www.miami.ma](http://www.miami.ma)