













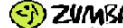















## Khalda Ladies

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30AM			<b>Grit</b> <i>Starts at 9 Eman</i>		<b>Exercise Therapy</b> <i>Khetam</i>	 <i>Starts 8:45 Hala</i>	
9:30-10:30AM	 <i>Starts 10:00 Hala</i>	 <i>Amani</i>	<b>Body Shape</b> <i>Rawda</i>	<b>Shape &amp; Burn</b> <i>Lina B</i>	 <i>Ghadeer</i>	 <i>Hala</i>	
9:30-10:30AM <b>STUDIO 2</b>	<b>Q15 (Stretching)</b> <i>Starts at 11</i>						
10:30-11:30AM	 <i>Starts 11:00 Hala</i>	<b>Step</b> <i>Salam</i>	<b>Cardio Sculpt</b> <i>Tijan</i>	 <i>Lasheen</i>	<b>Mix</b> <i>Eman</i>	 <i>Hala</i>	 <i>Manal</i>
11:30-12:30PM		 <i>Abeer</i>	 <i>starts 1030 Rawda</i>	 <i>Abeer</i>	 <i>Eman</i>		<b>Hips &amp; Abs</b> <i>Manal</i>
12:30-1:30 pm	<b>Oriental Dance</b> <i>Starts 12 Salsabeel</i>			<b>Q15 (stretching)</b> <i>Starts 11:30</i>			 <i>Layali</i>
5:00-6:00PM	 <i>Rana</i>	<b>NEW Pound</b> <i>Starting 1.08.16 Grity</i>	 <i>Rana</i>	<b>Body Shape</b> <i>Rawda</i>	<b>Hips &amp; Abs</b> <i>Manal</i>	 <i>Starts 5:15 Suzi</i>	
5:00-6:00PM <b>STUDIO 2</b>					 <i>Dina</i>		
6:00-7:00PM	 <i>Rawan D</i>	 <i>Arwa</i>	 <i>Muna A</i>	 <i>Lasheen</i>	<b>Latino</b> <i>Manal</i>	<b>Step</b> <i>Starts 6:15 Suzi</i>	
6:00-7:00PM <b>STUDIO 2</b>		<b>Yoga</b> <i>Hanadi</i>	<b>Pilates</b> <i>Arwa</i>	 <i>Enas</i>	 <i>starts 6:30 Suzi</i>	<b>Oriental Dance</b> <i>Rasha</i>	
7:00-8:00PM	<b>Oriental Dance</b> <i>Huda</i>	 <i>Shoula</i>		 <i>Lasheen</i>			
7:00-8:00PM <b>STUDIO 2</b>		<b>Boxing</b> <i>(Private Course) Ehab</i>	<b>Spinning</b> <i>Starts 7:30 Lilace</i>	<b>Boxing</b> <i>(Private Course) Ehab</i>	 <i>Starts 7:30 Shatha</i>	<b>Boxing</b> <i>(Private Course) Ehab</i>	
8:00-9:00PM		 <i>Dareen</i>			<b>Grit/ Core</b> <i>Layali</i>		

For more info, call

Fitness Partner 