











Starting 31.8.2016

Khalda Men

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30AM			 Starts 8:00 am Saleh	Hit Training Mutaz		 Starts 8:00 am Saleh	
10:30-11:30AM							
6:00-7:00PM	GRIT Nasser		 Starts 6:30 pm Nasser		GRIT / Core Starts 6:30 Nasser		
7:00-8:00PM	 Starts 6:30 Nasser	 Saleh	 Starts 7:30pm Saleh	 Saleh	 Starts 7:30 Saleh		
8:00-9:00PM	Core Starts : 7:30 Nasser		Core Starts 8:30pm Saleh	Core Saleh	Core Starts 8:30 Saleh		
7:00 - 8:00 pm <i>Studio 2</i>	Core Starts 8:30 Nasser	Boxing Private course Ihab		Boxing Private course Ihab		Boxing Private course Ihab	