

















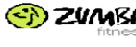






Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning/Afternoon Classes							
9:00-10:00AM	RIP <i>Muna D</i>	Pilates <i>Nadia</i>	 BODYPUMP <i>Enas</i>	Exercise Therapy <i>Khetam</i>	Hips & Abs <i>Vicky</i>	Pilates <i>Nadia</i>	
10:00-11:00AM	 ZUMBA fitness <i>Sahar</i>	Hips & Abs <i>Rawda</i>	Shape & Burn <i>Amani</i>	20/20/20 <i>Amani</i>	 7rakeh <i>Amani</i>	Merash <i>Ghadeer</i>	
11:00A-12:00PM	 BODY COMBAT <i>Dareen</i>	Mix <i>Rose</i>	Merash <i>Ghadeer</i>	Mix <i>Rose</i>	 ZUMBA fitness <i>Sahar</i>	Mix <i>Rose</i>	 BODY COMBAT <i>Suzi</i>
12:00-1:00PM							STEP: Beginners <i>Suzi</i>

Evening Classes							
5:00-6:00PM	 BODYPUMP <i>Arwa</i>	Body Shape <i>Rawda</i>	 BODY COMBAT <i>Suzi</i>	Hips & Abs <i>Lilace</i>	STEP: Beginners <i>Suzi</i>	 ZUMBA fitness <i>Rana</i>	
6:00-7:00PM	STEP <i>Lilace</i>		 BODYPUMP <i>Rawda</i>	 ZUMBA fitness <i>Rana</i>	RIP <i>Muna D</i>		
7:00-8:00PM	Yoga <i>Hanadi</i>	STEP <i>Suzi</i>	Spinning <i>Muna D</i>	 BODY COMBAT <i>Dareen</i>	Spinning <i>Muna D</i>		
8:00-9:00PM				STEP <i>Suzi</i>	 BODY COMBAT <i>Dareen</i>		

VegaFit Rabieh - STUDIO 2

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning/Afternoon Classes							
9:00-10:00AM		 TPM <i>Rawda</i>	Yoga <i>Amani</i>	 TPM <i>Salam</i>	 BODYPUMP <i>Rawda</i>	 TPM <i>Rawda</i>	
10:00-11:00AM	Mix <i>Rose</i>		BootyBarre <i>Esraa</i>		 BODY BALANCE <i>Hala</i>	Body Shape <i>Rawda</i>	
11:00A-12:00PM		 ZUMBA fitness <i>Sahar</i>		Oriental Dance <i>Amani</i>			 BODYPUMP <i>Shahed</i>
12:00-1:00PM							GRIT <i>Sumaya</i>

Evening Classes							
5:00-6:00PM			Oriental Dance <i>Amani</i>	Pilates <i>Ahed</i>	Oriental Dance <i>Salsabeel</i>		
6:00-7:00PM		 BODY COMBAT <i>Suzi</i>	MetaFit <i>Muna D</i>	 BODY ATTACK <i>Lilace</i>	 7rakeh <i>Amani</i>		
7:00-8:00PM	Spinning <i>Lilace</i>	BootyBarre <i>Ghazal</i>	Yoga <i>Maha</i>	BoortBarre <i>Dina</i>			

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