



Fitness One Madina - Aqua Classes Starting 31.8.2016

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes							
10:30-11:30AM		Aqua D <i>Rasha J.</i>		Aqua D <i>Alaa</i>		Aqua Yoga <i>Rasha J.</i>	
11:00AM-12:00PM			Aqua D <i>Alaa</i>		Aqua D <i>Alaa</i>		
Evening Classes							
6:00-7:00PM	Aqua D <i>Ahed</i>		Aqua D <i>Ahed</i>		Aqua D <i>Hadeel</i>		
						Tel: (079) 903 6082	