



VEGA Ladies-ORION (Studio 1) Starting 9.7.2016











| Time | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-------------------------------|-----------------------------------------|-------------------------------|-----------------------------------------------|-----------------------------|-----------------------------------------|------------------------------|
| Morning Classes | | | | | | | |
| 8:30-9:30AM | Pilates <i>Amani D</i> | Hips & Abs <i>Manal</i> | RIP <i>Muna</i> | Soft Hatha Yoga <i>Laila</i> | BODY BALANCE <i>Hala</i> | BODYPUMP <i>Dima H</i> | |
| 9:30-10:30AM | BODYPUMP <i>Manal</i> | STEP & Firm <i>Gretty</i> | BODY COMBAT <i>Manal</i> | ZUMBA fitness <i>Enas</i> | Pilates <i>Dima T</i> | STEP <i>Gretty</i> | |
| 10:30-11:30AM | BODY COMBAT <i>Manal</i> | <i>7rakeh</i> <i>Rein</i> | ZUMBA fitness <i>Manal</i> | Pound <i>Gretty</i> | Mix <i>Rose</i> | ZUMBA fitness <i>Manal</i> | BODYPUMP <i>Hala</i> |
| 11:30A-12:30PM | ZUMBA fitness <i>Manal</i> | Belly Aerobics Merash <i>Ghadeer</i> | | Oriental Dance <i>Starts 11:45 Ghadeer</i> | | Oriental Dance Merash <i>Ghadeer</i> | BODY COMBAT <i>Dima Z</i> |
| 12:30-1:30PM | | | | | | | |

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|-----------------|---------------------------------|-------------------------------|-----------------------------|-------------------------------|------------------------------|------------------------------|--|
| Evening Classes | | | | | | | |
| 4:00-5:00PM | | | | | | | |
| 5:00-6:00PM | GRIT <i>Starts 5:30 Hala</i> | Oriental Dance <i>Hiba</i> | BODY ATTACK <i>Hala</i> | Oriental Dance <i>Hiba</i> | Vega Step <i>Hala</i> | ZUMBA fitness <i>Huda</i> | |
| 6:00-7:00PM | STEP <i>Salam</i> | BODYPUMP <i>Dema Z</i> | BODYPUMP <i>Manal</i> | <i>7rakeh</i> <i>Manal</i> | BODYPUMP <i>Hala</i> | Step <i>Salam</i> | |
| 7:00-8:00PM | BODY COMBAT <i>Dema Z</i> | BODY ATTACK <i>Dema Z</i> | BODY COMBAT <i>Manal</i> | Hips & Abs <i>Manal</i> | BODY ATTACK <i>Dema Z</i> | | |
| 8:00-9:00PM | | | | | BODY BALANCE <i>Hala</i> | | |

VEGA Ladies - Pool

| Time | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-------------------------------|------------------------------|-------------------------------------|-----------------------------|--------------------------------------|---------------------------|-------------------------------|
| Morning Classes | | | | | | | |
| 9:30-10:30AM | | | AQUA AEROBICS <i>Rasha J</i> | | AQUA AEROBICS <i>Rasha J</i> | | |
| 10:30-11:30AM | AQUA DYNAMIC <i>Hadeel</i> | AQUA FIT <i>Ahed</i> | | AQUA FIT <i>Ahed</i> | | AQUA FIT <i>Hala T</i> | |
| 11:30A-12:30PM | | | Aqua <i>Starts at 11- Hala T</i> | | Aqua <i>Starts at 11 - Hala T</i> | | AQUA DYNAMIC <i>Hadeel</i> |
| Evening Classes | | | | | | | |
| 5:00-6:00PM | | | | | AQUA DYNAMIC <i>Ahed</i> | | |
| 7:00-8:00PM | AQUA DYNAMIC <i>Hadeel</i> | AQUA PILATES <i>Islam</i> | AQUA DYNAMIC <i>Ahed</i> | AQUA DYNAMIC <i>Enas</i> | AQUA DYNAMIC <i>Ahed</i> | | |

VEGA Ladies - ATLAS (Studio 2)

| Time | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------|----------------------------------------|
| Morning Classes | | | | | | | |
| 8:30-9:30AM | | Exercise Therapy <i>Khetam</i> | Pilates <i>Dima H</i> |  Spinning <i>Enas</i> | Spinning <i>Muna</i> | | |
| 9:30-10:30AM | |  Exercise Therapy <i>Manal</i> | Spinning <i>Muna</i> | Exercise Therapy <i>Khetam</i> | MetaFit <i>Muna D</i> | Spinning <i>Ahed</i> | |
| 10:30-11:30AM | Shape & Burn <i>Lilace</i> | Boot Camp <i>Ahed</i> | Mix <i>Rose</i> |  Spinning <i>Rien</i> | | | Hips & Abs <i>Shoula</i> |
| 11:30A-12:30PM |  Spinning <i>Lilace</i> | | | | | BootyBarre <i>Lasheen</i> | Grit <i>Hala</i> |
| Evening Classes | | | | | | | |
| 5:00-6:00PM | Oriental Dance <i>Merach Huda</i> | Vega Step <i>Hala</i> | BootyBarre <i>Nour</i> |  Spinning <i>Hala</i> | | Spinning <i>Hala</i> | |
| 6:00-7:00PM | Hips & Abs <i>Hala</i> |  Spinning <i>Dareen</i> | Pilates <i>Hala</i> | Spinning <i>Hala</i> | Pound <i>Grity</i> | BootyBarre <i>Batoul</i> | |
| 7:00-8:00PM |  Spinning <i>Hala</i> |  Spinning <i>Hala</i> |  GRIT <i>Enas</i> | GRIT <i>Dema Z</i> |  Spinning <i>Hala</i> | | |
| 8:00-9:00PM | | | | | | | |

VEGA Ladies - POLARIS (Studio 3)
















| Time | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|----------|----------------------------------|--------|----------------------------------|-----------|-----------------------------------------|--------|
| Morning Classes | | | | | | | |
| 8:30-9:30AM | | | | | | Soft Hatha Yoga <i>Laila</i> | |
| Evening Classes | | | | | | | |
| 6:00-7:00PM | | Power Yoga <i>Hala</i> | | | | Soft Hatha Yoga <i>Hanadi</i> | |
| 7:00-8:00PM | | | | POWER YOGA <i>Hala</i> | | | |



**MEN'S
CLASSES**

VEGA Men - Classes

Starting 9.7.2016

| Time | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Morning/Afternoon Classes | | | | | | | |
| 8:00-9:00AM |  <i>Najm</i> | Combo 7:45-8:45 <i>Yousef</i> | Boot Camp <i>Najm</i> | Pilates <i>Yousef</i> |  7:45-8:45 <i>Najm</i> | Spinning <i>Yousef</i> | |
| 10:00-11:00AM | | | | | | |  <i>Naser</i> |
| 11:00A-12:00PM | | | | | | |  <i>Naser</i> |
| 12:00PM-1:00PM | | | | | | | Core <i>Naser</i> |
| VEGA Men - Evening Classes | | | | | | | |
| Time | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| Evening Classes | | | | | | | |
| 6:00-7:00PM | | Grit <i>Starts 6:15 Naser</i> |  <i>Starts 6:15 Saleh</i> | |  <i>Starts 6:15 Saleh</i> |  <i>Ahmad</i> | |
| 7:00-8:00PM |  <i>Ahmad</i> |  <i>Naser</i> |  <i>Starts 7:30 Naser</i> | Grit <i>Naser</i> |  <i>Starts 7:30 Naser</i> |  <i>Saleh</i> | |
| 8:00-9:00PM |  <i>Osama</i> |  <i>Naser</i> | Core <i>Starts 8:30 Naser</i> |  <i>Najm</i> | Core <i>Starts 8:30 Naser</i> | Core <i>Saleh</i> | |
| 9:00-10:00PM | | | | Core <i>Starts 8:30 Naser</i> | | | |