












**VegaFit Abdoun** Starting 31.8.2016

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30AM		<b>Cardio Pilates</b> <i>Hala Khoury</i>	 <b>BODYPUMP</b> <i>Shoula</i>	<b>Cardio Pilates</b> <i>Hala Khoury</i>	<b>Hips &amp; Abs</b> <i>Starts 9:00 Shoula</i>	<b>Cardio Pilates</b> <i>Hala Khoury</i>	
10:30-11:30AM	 <b>ZUMBA</b> <i>Rana</i>	<b>Bootybarre</b> <i>Tejan</i>	<b>Pilates</b> <i>Ahed</i>	<b>Merash</b> <i>Ghadeer</i>	 <b>BODY COMBAT</b> <i>Starts 10:00 Layali</i>	 <b>7rakeh</b> <i>Amani</i>	
11:30A-12:30PM	<b>Hips &amp; Abs</b> <i>Amani</i>	<b>Oriental Dance</b> <i>Hadeel</i>				<b>Yoga</b> <i>Amani</i>	 <b>ZUMBA</b> <i>Starts 11:00 Shatha</i>
12:30P-1:30PM							
1:00-2:00PM							<b>Spinning</b> <i>Starts 1:15 Lilace</i>
5:00-6:00PM	<b>Oriental Dance</b> <i>Hiba</i>					 <b>BODY COMBAT</b> <i>Starts 5:30 Layali</i>	
6:00-7:00PM	 <b>BODY COMBAT</b> <i>Suzi</i>	 <b>BODYPUMP</b> <i>Dima H</i>	<b>Spinning</b> <i>Lilace</i>	 <b>ZUMBA</b> <i>Shatha</i>	 <b>BODYPUMP</b> <i>Lilace</i>		
7:00-8:00PM		<b>Body Attack</b> <i>Alaa</i>	 <b>ZUMBA</b> <i>Rana</i>	<b>Hips &amp; Abs</b> <i>Shoula</i>	<b>STEP</b> <i>Lilace</i>		
8:00-9:00PM							

Tel: (06) 593 8004/5