















## VegaFit Dabouq Ladies

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning/Afternoon Classes</b>							
8:30-9:30AM		 <b>BODYPUMP</b> <i>Salam</i>	<b>Step</b> <i>Salam</i>	<b>RIP</b> <i>Muna D</i>	<b>Shape &amp; Burn</b> <i>Lilace</i>	<b>MetaFit</b> <i>Muna D</i>	
9:30-10:30AM		<b>Merach</b> <i>Randa</i>	 <b>ZUMBA</b> <i>Sahar</i>	<b>Spinning</b> <i>Muna D</i>	 <b>7rakeh</b> <i>Ahed</i>	<b>Oriental Dance</b> <i>Rania</i>	
10:30-11:30AM	<b>BootyBarre</b> <i>Starts 10:00 Tijan</i>					 <b>ZUMBA</b> <i>Sahar</i>	
11:30-12:30PM	<b>STEP</b> <i>Starts 11:00 Suzi</i>						 <b>BODY COMBAT</b> <i>Dareen</i>
12:30-1:30PM	 <b>ZUMBA</b> <i>Starts 12:00 Shatha</i>						 <b>ZUMBA</b> <i>Shatha</i>
<b>Evening Classes</b>							
5:00-6:00PM							
6:00-7:00PM	<b>RIP</b> <i>Ahed</i>	<b>SPINNING</b> <i>Ahed</i>	 <b>BODYPUMP</b> <i>Salam</i>	 <b>BODY COMBAT</b> <i>Suzi</i>	 <b>BODY COMBAT</b> <i>Dareen</i>	<b>Oriental Dance</b> <i>Starts 6:30 Shatha</i>	
7:00-8:00PM		 <b>ZUMBA</b> <i>Rana</i>	 <b>ZUMBA</b> <i>Sahar</i>	<b>Oriental Dance</b> <i>Rania</i>	<b>Hips &amp; Abs</b> <i>Ahed</i>	 <b>ZUMBA</b> <i>Starts 7:30 Shatha</i>	
8:00-9:00PM		 <b>Pilates</b> <i>Nadia</i>	<b>BootyBarre</b> <i>Tijan</i>	<b>Yoga</b> <i>Rula</i>			

For more info, call (079) 542 4004

Fitness Partner 