






























Khalda Ladies

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30AM			Grit <i>Starts at 9 Eman</i>		Exercise Therapy <i>Khetam</i>	 <i>Starts 8:45 Hala</i>	
9:30-10:30AM	 <i>Starts 10:00 Hala</i>	 <i>Amani</i>	Body Shape <i>Rawda</i>	Shape & Burn <i>Lina B</i>	 <i>Ghadeer</i>	 <i>Hala</i>	
9:30-10:30AM STUDIO 2	Q15 (Stretching) <i>Starts at 11</i>						
10:30-11:30AM	 <i>Starts 11:00 Hala</i>	Step <i>Salam</i>	Cardio Sculpt <i>Tijan</i>	 <i>Lasheen</i>	Mix <i>Eman</i>	 <i>Hala</i>	 <i>Manal</i>
11:30-12:30PM		 <i>Abeer</i>	 <i>starts 1030 Rawda</i>	 <i>Abeer</i>	 <i>Eman</i>		Hips & Abs <i>Manal</i>
12:30-1:30 pm	Oriental Dance <i>Starts 12 Salsabeel</i>			Q15 (stretching) <i>Starts 11:30</i>			 <i>Layali</i>
5:00-6:00PM	 <i>Rana</i>	NEW Pound <i>Starting 1.08.16 Grity</i>	 <i>Rana</i>	Body Shape <i>Rawda</i>	Hips & Abs <i>Manal</i>	 <i>Starts 5:15 Suzi</i>	
5:00-6:00PM STUDIO 2					 <i>Dina</i>		
6:00-7:00PM	 <i>Rawan D</i>	 <i>Arwa</i>	 <i>Muna A</i>	 <i>Lasheen</i>	Latino <i>Manal</i>	Step <i>Starts 6:15 Suzi</i>	
6:00-7:00PM STUDIO 2		Yoga <i>Hanadi</i>	Pilates <i>Arwa</i>	 <i>Enas</i>	 <i>starts 6:30 Suzi</i>	Oriental Dance <i>Rasha</i>	
7:00-8:00PM	Oriental Dance <i>Huda</i>	 <i>Shoula</i>		 <i>Lasheen</i>			
7:00-8:00PM STUDIO 2		Boxing <i>(Private Course) Ehab</i>	Spinning <i>Starts 7:30 Lilace</i>	Boxing <i>(Private Course) Ehab</i>	 <i>Starts 7:30 Shatha</i>	Boxing <i>(Private Course) Ehab</i>	
8:00-9:00PM		 <i>Dareen</i>			Grit/ Core <i>Layali</i>		









For more info, call

Fitness Partner 



Starting 31.8.2016

Khalda Men

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30AM			 Starts 8:00 am Saleh	Hit Training Mutaz		 Starts 8:00 am Saleh	
10:30-11:30AM							
6:00-7:00PM	GRIT Nasser		 Starts 6:30 pm Nasser		GRIT / Core Starts 6:30 Nasser		
7:00-8:00PM	 Starts 6:30 Nasser	 Saleh	 Starts 7:30pm Saleh	 Saleh	 Starts 7:30 Saleh		
8:00-9:00PM	Core Starts : 7:30 Nasser		Core Starts 8:30pm Saleh	Core Saleh	Core Starts 8:30 Saleh		
7:00 - 8:00 pm <i>Studio 2</i>	Core Starts 8:30 Nasser	Boxing Private course Ihab		Boxing Private course Ihab		Boxing Private course Ihab	