



Fitness One Abdoun

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning/Afternoon Classes							
9:300-10:30AM		Cardio Pilates <i>Hala Khoury</i>	BODYPUMP <i>Starts 9:00 Shoula</i>	Cardio Pilates <i>Hala Khoury</i>	Hips & Abs <i>Starts 9:00 Shoula</i>	Cardio Pilates <i>Hala Khoury</i>	
10:30-11:30AM	ZUMBA <i>Enas</i>	bootybarre <small>pilates + dance + yoga + balance</small> <i>Tejan</i>	Pilates <i>Starts 10:00 Ahed</i>	Merash <i>Ghadeer</i>	BODYCOMBAT <i>Starts 10:00 Layali</i>	7rakeh <i>Amani</i>	
11:30A-12:30PM	Hips & Abs <i>Amani</i>					Yoga <i>Amani</i>	ZUMBA <i>Starts 11:00 Shatha</i>
12:30P-1:30PM							
1:00-2:00PM							Spinning <i>Starts 1:15 Lilace</i>
Evening Classes							
5:00-6:00PM	Oriental Dance <i>Salsabeel</i>					BODYCOMBAT <i>Starts 5:30 Layali</i>	
6:00-7:00PM	BODYCOMBAT <i>Suzi</i>	BODYPUMP <i>Dima H</i>	Spinning <i>Lilace</i>	ZUMBA <i>Shatha</i>	BODYPUMP <i>Lilace</i>		
7:00-8:00PM		Pilates <i>Nadia</i>	ZUMBA <i>Huda</i>	Hips & Abs <i>Shoula</i>	STEP <i>Lilace</i>		
8:00-9:00PM							

Tel: (06) 593 8004/5

Mob: 0797211204