









Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning/Afternoon Classes							
8:30-09:30AM				Shape & Burn Lina B			
9:30-10:30AM	BODYPUMP Starts 10:00 Hala	7rakeh Amani	Body Shape Rawda	7rakeh Manal	MeraKh Ghadeer	BODYPUMP Hala	
10:30-11:30AM	BODY ATTACK Starts 11:00 Hala	Step Salam	Cardio Sculpt Tijan	BODYPUMP Lasheen	Mix Ahed	BODY BALANCE Hala	7rakeh Manal
11:30-12:30PM		ZUMBA fitness Abeer		ZUMBA fitness Abeer			Hips & Abs Manal
12:30-1:30 pm							BODY COMBAT Layali
Evening Classes							
5:00-6:00PM	ZUMBA fitness Rana		ZUMBA fitness Rana	Body Shape Rawda		BODY COMBAT Starts 5:15 Suzi	
6:00-7:00PM	BODY COMBAT Rawan D	BODYPUMP Shoula	BODY COMBAT Muna A	BODYPUMP Arwa	Hips & Abs Manal	Step Starts 6:15 Suzi	
7:00-8:00PM	Oriental Dance Huda	BODY ATTACK Shoula	BODYPUMP Dareen	BODY ATTACK Lasheen	7arakeh/Dabkeh Manal		
8:00-9:00PM		BODY COMBAT Dareen			Grit/ Core Layali		
VegaFit Khalda - Studio 2							
Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning/Afternoon Classes							
8:30-9:30AM			TPP Starts 8:45 Rawda			TPP Starts 8:45 Hala	
9:30-10:30AM					Pilates Starts 9:45 Hala		
11:00AM-12:30PM	Oriental Dance Salsabeel						
Evening Classes							
5:00-6:00PM							
6:00-7:00PM		Yoga Hanadi	Pilates Arwa	ZUMBA fitness Enas	BODY COMBAT starts 6:30 Suzi	Oriental Dance Rasha	
7:00-8:00PM		Boxing (Private Course) Ehab	Spinning Starts 7:30 Lilace	Boxing (Private Course) Ehab	ZUMBA fitness Starts 7:30 Shatha	Boxing (Private Course) Ehab	



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	