

CLASSES at SOURCE



THE SOURCE MMA-VEGA



Time/Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
4:00-5:30 PM	MMA PRO TAREK		MMA PRO TAREK		MMA PRO TAREK	
4:00-5:15 PM						
5:30-7:00 PM	MMA/BJJ KIDS TAREK	GYMKATA 6:00ALCOACH/ / KHALED	MMA/BJJ KIDS TAREK	GYMKATA 6:00 ALCOACH/ / KHALED	MMA/BJJ KIDS TAREK	
5:00-6:00 PM	KICKBOXING LADIES AMY	KICKBOXING KIDS RASHED	KICKBOXING LADIES AMY	KICKBOXING KIDS RASHED	KICKBOXING LADIES AMY	
5:00-6:00 PM	KICKBOXING KIDS RASHED		KICKBOXING KIDS RASHED		KICKBOXING KIDS RASHED	
6:00-7:00 PM	KICKBOXING KIDS YAZAN / WASFI	KICKBOXING KIDS WASFI	KICKBOXING KIDS YAZAN / WASFI	KICKBOXING KIDS WASFI	KICKBOXING KIDS YAZAN / WASFI	
6:00-7:00 PM		HIIT/kickboxing FOR LADIES AMY	KICKBOXING RUBA	HIIT/kickboxing FOR LADIES AMY	KICKBOXING RUBA	
7:00-8:00 PM		BJJ BE END 8:30 KHALED		BJJ BE END 8:30 KHALED		BJJ BE START 5:30 KHALED
7:00-8:00 PM	MMA// NO GI IHAB / AMER	BJJ AD END 8:30 SAAD	MMA // NO GI IHAB / AMER	BJJ AD END 8:30 SAAD	MMA // NO GI IHAB / AMER	BJJ AD START 5:30 SAAD
7:00-8:00 PM	BOXING for MMA WASFI / RASHED	KICKBOXING WASFI / AMER	BOXING for MMA WASFI / RASHED	KICKBOXING WASFI / AMER	BOXING for MMA WASFI / RASHED	KICKBOXING/ MUAY THAI YAZAN / WASFI
8:00-9:00 PM	KICKBOXING RASHED		KICKBOXING RASHED		KICKBOXING RASHED	
8:00-9:00 PM	KICKBOXING WASFI / AMER	KICKBOXING FOR MMA YAZAN / RASHED	KICKBOXING WASFI / AMER	KICKBOXING FOR MMA YAZAN / RASHED	KICKBOXING WASFI / AMER	
8:00-9:00 PM	MMA /KYOKUSHIN IHAB / HASAN		MMA /KYOKUSHIN IHAB / HASAN		MMA /KYOKUSHIN IHAB / HASAN	
For more information, please call (06) 5865008						