

















MEN'S CLASSES

VEGA Men - Classes Starting 11.11.2016

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning/Afternoon Classes							
8:00-9:00AM	 Najm	Combo 7:45-8:45 Yousef	Boot Camp Najm	Pilates Yousef	 7:45-8:45 Najm	Spinning Yousef	
10:00-10:30AM							GRIT Naser
10:30-11:30AM							 Naser
12:00P-1:00PM							
VEGA Men - Evening Classes							
Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Evening Classes							
6:00-7:00PM	 Starts 6:30 Osama	GRIT starts 6:15 Naser	 starts 6:15 Saleh		 starts 6:15 Saleh	 Ahmad	
7:00-8:00PM	 Starts 7:30 Ahmad	 starts 6:45 Naser	 starts 7:30 Naser	GRIT Naser	 starts 7:30 Naser	 Saleh	
8:00-9:00PM		 starts 7:30 Naser	Core starts 8:30 Naser	 Naser	Core starts 8:30 Naser	Core Saleh	
9:00-10:00PM				Core 30 minutes Naser			