

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning/Afternoon Classes							
9:00-10:00AM	RIP <i>Muna D</i>	Pilates <i>Nadia</i>	BODYPUMP <i>Enas</i>	Yoga <i>Amani</i>	BODYPUMP <i>Rawda</i>	Pilates <i>Nadia</i>	
10:00-11:00AM	ZUMBA <i>Sahar</i>	Hips & Abs <i>Rawda</i>	3tabeh <i>Amani</i>	20/20/20 <i>Amani</i>	7rakeh <i>Amani</i>	Mera h <i>Ghadeer</i>	
11:00A-12:00PM	BODYCOMBAT <i>Dareen</i>	Mix <i>Rose</i>	Mera h <i>Ghadeer</i>	Mix <i>Rose</i>	ZUMBA <i>Sahar</i>	Mix <i>Rose</i>	BODYCOMBAT <i>Suzi</i>
12:00-1:00PM							STEP: Beginners <i>Suzi</i>

Evening Classes							
5:00-6:00PM	BODYPUMP <i>Arwa</i>	Hips & Abs <i>Rawda</i>	BODYCOMBAT <i>Suzi</i>	Hips & Abs <i>Lilace</i>	STEP: Beginners <i>Suzi</i>		
6:00-7:00PM	STEP <i>Lilace</i>	BODYCOMBAT <i>Suzi</i>	BODYPUMP <i>Rawda</i>	ZUMBA <i>Rana</i>	RIP <i>Muna D</i>	BODYPUMP <i>Muna Ardah</i>	
7:00-8:00PM	Yoga <i>Hanadi</i>	STEP <i>Suzi</i>	Spinning <i>Muna D</i>	BODYCOMBAT <i>Dareen</i>	BODYCOMBAT <i>Dareen</i>		
8:00-9:00PM				STEP <i>Suzi</i>			

Fitness One Rabieh - STUDIO 2

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning/Afternoon Classes							
9:00-10:00AM	rpm <i>Salam</i>	rpm <i>Rawda</i>	Exercise Therapy <i>Khetam</i>	BODYPUMP <i>Salam</i>	BodyBarre <i>Tijan</i>	rpm <i>Rawda</i>	
10:00-11:00AM	Mix <i>Rose</i>	Exercise Therapy <i>Khetam</i>	Hips & Abs <i>Vicky</i>	rpm <i>Salam</i>		Body Shape <i>Rawda</i>	
11:00A-12:00PM	Exercise Therapy <i>Khetam</i>	ZUMBA <i>Sahar</i>		Oriental Dance <i>Amani</i>	Exercise Therapy <i>Khetam</i>		BODYPUMP <i>Shahed</i>
12:00-1:00PM							GRIT <i>Sumaya</i>

Evening Classes							
5:00-6:00PM	Oriental Dance <i>Rasha</i>	ZUMBA <i>huda</i>	Oriental Dance <i>Salsabeel</i>		Oriental Dance <i>Salsabeel</i>		
6:00-7:00PM			MetaFit <i>Muna D</i>	BODYATTACK <i>Lilace</i>	3tabeh <i>Salam</i>	ZUMBA <i>starting 5.45 rana</i>	
7:00-8:00PM	Spinning <i>Lilace</i>		Yoga <i>Asma</i>	Yoga <i>Asma</i>	Spinning <i>Muna D</i>		