

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning/Afternoon Classes</b>							
8:30-9:30AM		<b>Vega Step</b> <i>Starts 8:45 Hala</i>	<b>Shape &amp; Burn</b> <i>Starts 9:00 Hala</i>	<b>BODYPUMP</b> <i>Hala</i>	<b>BootyBare</b> <i>Rawan.N</i>	<b>BODYPUMP</b> <i>Lasheen</i>	
9:30-10:30AM	<b>BODYPUMP</b> <i>Starts 10:00 Lasheen</i>	<b>BODYCOMBAT</b> <i>Hala</i>	<b>BODYCOMBAT</b> <i>Hala</i>	<b>Spinning</b> <i>Hala</i>	<b>Hips &amp; Abs</b> <i>Enas</i>	<b>BODYATTACK</b> <i>Lasheen</i>	
9:30-10:30AM						<b>rpm</b> <i>Enas</i>	
10:30-11:30AM	<b>BODYATTACK</b> <i>Starts 11:00 Lasheen</i>	<b>Pilates</b> <i>Hala</i>	<b>ZUMBA</b> <i>Enas</i>	<b>Yoga</b> <i>Hala</i>	<b>Oriental Dance</b> <i>Salsabeel</i>	<b>Oriental Dance</b> <i>Randa</i>	<b>Hips &amp; Abs</b> <i>Starts 11:00 Lilace</i>
11:30A-12:30PM		<b>Mix</b> <i>Rawda</i>	<b>Hips &amp; Abs</b> <i>Rawda</i>	<b>Boot Camp</b> <i>Rawda</i>			<b>Spinning</b> <i>Starts 12:00 Lilace</i>
12:30-1:30PM							<b>Body Shaping</b> <i>Starts 12:00 Rawda</i>
<b>Evening Classes</b>							
5:00-6:00PM	<b>BODYPUMP</b> <i>Muna A</i>						
6:00-7:00PM	<b>BODYCOMBAT</b> <i>Dareen</i>	<b>Oriental Dance</b> <i>Shatha</i>	<b>BODYPUMP</b> <i>Dema Z</i>	<b>BootyBare</b> <i>Dina.T</i>	<b>Body Shaping</b> <i>Rawda</i>	<b>BODYPUMP</b> <i>Lilace</i>	
6:00-7:00PM <b>STUDIO 2</b>		<b>Spinning</b> <i>Lilace</i>					
7:00-8:00PM	<b>ZUMBA</b> <i>Enas</i>	<b>BODYATTACK</b> <i>Lilace</i>	<b>BODYCOMBAT</b> <i>Dema Z</i>	<b>Oriental Dance</b> <i>Salsabeel</i>	<b>ZUMBA</b> <i>Enas</i>	<b>Step</b> <i>Lilace</i>	
7:00-8:00PM <b>STUDIO 2</b>			<b>Yoga</b> <i>Starts 7:15 Hala</i>	<b>Spinning</b> <i>Starts 7:15 Lilace</i>			
8:00-9:00PM			<b>Hips &amp; Abs</b> <i>Rawda</i>	<b>Step</b> <i>Lilace</i>	<b>Hips &amp; Abs</b> <i>Laila</i>		
<b>Aqua Classes</b>							
Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>							
9:00-10:00		<b>Aqua Aerobics</b> <i>Lasheen</i>		<b>Aqua Aerobics</b> <i>Laila</i>		<b>Aqua Aerobics</b> <i>Hala.T</i>	
10:00-11:00AM	<b>Aqua Aerobics</b> <i>Hind</i>	<b>Aqua Aerobics</b> <i>Lasheen</i>	<b>Aqua Aerobics</b> <i>Hind</i>	<b>Aqua Aerobics</b> <i>Rawda</i>	<b>Aqua Aerobics</b> <i>Laila</i>	<b>Aqua Aerobics</b> <i>Dina O</i>	
11:00-12:00PM	<b>Aqua Aerobics</b> <i>Rawda</i>					<b>Aqua Aerobics</b> <i>Laila</i>	
<b>Evening Classes</b>							
7:00-8:00PM		<b>Aqua Aerobics</b> <i>HIND</i>	<b>Aqua Aerobics</b> <i>Dina O</i>		<b>Aqua Aerobics</b> <i>Rawda</i>		