





Tabrbour GX Men

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes							
9:00-10:00AM				Spinning <i>Ahmad</i>		HIIT/ Core <i>Ahmad</i>	
11:00AM-12:00PM	 <i>Ahmad</i>						
Evening Classes							
7:00-8:00PM		 <i>Omar</i>	 <i>Ahmad</i>		 <i>Ahmad</i>		
Aqua Classes							
6:00-7:00PM		Aqua <i>Ezze</i>		Aqua <i>Ezze</i>			
							079-2994878