














VEGA Ladies-ORION (Studio 1) Starting 01.11.2016

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes							
8:30-9:30AM	Pilates <i>Amani D</i>	Hips & Abs <i>Manal</i>	RIP <i>Muna</i>	Soft Hatha Yoga <i>Laila</i>	BODY BALANCE <i>Hala</i>	BODY PUMP <i>Dima H</i>	
9:30-10:30AM	BODY PUMP <i>Manal</i>	Burn & Firm <i>Gretty</i>	BODY COMBAT <i>Manal</i>	ZUMBA fitness <i>Enas</i>	MetaFit <i>Muna D</i>	STEP <i>Gretty</i>	
10:30-11:30AM	BODY COMBAT <i>Manal</i>	7rakeh <i>Rein</i>	ZUMBA fitness <i>Manal</i>	7rakeh <i>Rein</i>	Mix <i>Rose</i>	ZUMBA fitness <i>Manal</i>	BODY PUMP <i>Hala</i>
11:30A-12:30PM	ZUMBA fitness <i>Manal</i>	Belly Aerobics Merash <i>Ghadeer</i>		Mera h <i>Starts 11:45</i> <i>Ghadeer</i>		Mera h <i>Ghadeer</i>	BODY COMBAT <i>Dima Z</i>
Evening Classes							
5:00-6:00PM	GRIT <i>Starts 5:30</i> <i>Hala</i>	Oriental Dance <i>Hiba</i>	BODY ATTACK <i>Hala</i>	Oriental Dance <i>Hiba</i>	Vega Step <i>Hala</i>	ZUMBA fitness <i>Huda</i>	
6:00-7:00PM	STEP <i>Salam</i>	BODY PUMP <i>Dema Z</i>	BODY PUMP <i>Manal</i>	7rakeh <i>Manal</i>	BODY PUMP <i>Hala</i>	Step <i>Salam</i>	
7:00-8:00PM	BODY COMBAT <i>Dema Z</i>	BODY ATTACK <i>Dema Z</i>	BODY COMBAT <i>Manal</i>	Hips & Abs <i>Manal</i>	BODY ATTACK <i>Dema Z</i>		
8:00-9:00PM					BODY BALANCE <i>Hala</i>		

VEGA Ladies - Pool

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes							
9:30-10:30AM			AQUA AEROBICS <i>Rasha J</i>		AQUA AEROBICS <i>Rasha J</i>	AQUA Jogging Band 9:00-10:00 <i>Siba</i>	
10:30-11:30AM	AQUA DYNAMIC <i>Amani D</i>	AQUA FIT 10:00-11:00 <i>Siba</i>	AQUA 11:00-12:00 <i>Hala T</i>	AQUA <i>Ahed</i>	AQUA 11:00-12:00 <i>Hala T</i>	AQUA FIT <i>Ahed</i>	
11:30A-12:30PM							AQUA DYNAMIC <i>Hadeel</i>
Evening Classes							
5:00-6:00PM							
7:00-8:00PM	AQUA DYNAMIC <i>Hadeel</i>	AQUA PILATES <i>Enas</i>	AQUA DYNAMIC <i>Ahed</i>	AQUA DYNAMIC <i>Sadeqa</i>	AQUA DYNAMIC <i>Tamara</i>		

VEGA Ladies - ATLAS (Studio 2)

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes							
8:30-9:30AM	Exercise Therapy Khetam	Exercise Therapy Khetam	Pilates Dima H	 Enas	Spinning Muna		
9:30-10:30AM		 Manal	Spinning Muna	Exercise Therapy Khetam	Exercise Therapy Khetam	Spinning Ahed	
10:30-11:30AM	Shape & Burn Lilace	Pilates Ahed	Mix Rose	POUND Gretty			Hips & Abs Shoula
11:30A-12:30PM	 Lilace						Grit Hala
Evening Classes							
5:00-6:00PM	 Huda	Vega Step Hala	BootyBarre Nour	 Hala	 Rana	Spinning Hala	
6:00-7:00PM	Hips & Abs Hala	 Dareen	Pilates Hala	Spinning Hala	POUND Gretty	BootyBarre Batoul	
7:00-8:00PM	 Hala	 Hala	 Enas	GRIT Dema Z	 Hala		

VEGA Ladies - POLARIS (Studio 3)

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes							
8:30-9:30AM						Soft Hatha Yoga Laila	
Evening Classes							
6:00-7:00PM		Power Yoga Hala				Soft Hatha Yoga Hanadi	
7:00-8:00PM				POWER YOGA Hala			



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			