














Group Exercise Schedule

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING CLASSES							
10:00 - 11:00 AM	Pilates						
By	Dima H						
EVENING CLASSES							
5:30 - 6:30 PM		GRIT OUTDOOR					
By	Mahmoud	Naser		Naser		Manal	
6:30 - 7:30 PM					GRIT OUTDOOR		
By		Naser		Naser	Naser		
7:30 - 8:30 PM							
By		Naser			Naser		
FEMALE CLASSES							
5:30 - 6:30 PM							
By			Huda		Inas		
6:30 - 7:30 PM			Yoga			Hips&Abs	
By	Tamara		Haya		Maryana	Manal	

For more information, please call: 079 193 0956

Fitness Partner