








Tabarbour 0791580657

**GX Ladies (studio 1)**

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning / afternoon classes</b>							
9:00-10:00am		<b>Pilates</b> <i>Amani</i>	<b>Hips &amp; Abs</b> <i>Salam</i>	<b>Pilates</b> <i>Amani</i>	<b>Body Shape</b> <i>Rania</i>		
10:00-11:00am	 <i>Dareen</i>	 <i>Duaa</i>	<b>Step</b> <i>Salam</i>	<b>TAMAYUL</b> <i>Zahra</i>	 <i>Duaa</i>		
11:00-12:00pm	<b>Oriental dance</b> <i>Haifa</i>	<b>Pilates</b> <i>beginner 11:15 Amani</i>	 <i>Duaa</i>	<b>MIX</b> <i>Rania</i>			
12:00-1:00pm							 <i>Dareen</i>
<b>Evening classes</b>							
5:00-6:00pm			<b>TAMAYUL</b> <i>Zahra</i>		<b>Oriental Dance</b> <i>Haifa</i>		
6:00-7:00pm	<b>Shape &amp; Burn</b> <i>Rawda</i>	 <i>Duaa</i>	<b>Body Shape</b> <i>Rania</i>	 <i>Salam</i>	 <i>Muna A</i>		
7:00-8:00pm	<b>Masala</b> <i>Nesreen</i>	 <i>Muna A.</i>	<b>Step</b> <i>Rania</i>	<b>Step</b> <i>Rania</i>	 <i>Muna A</i>		
8:00-9:00pm		<b>MIRASH</b> <i>Hiba M.</i>	<b>Hips &amp; Abs</b> <i>Hiba M.</i>	<b>Pilates</b> <i>Salam</i>			
<b>Aqua classes</b>							
10:00-11:00	<b>Aqua</b> <i>Eslam</i>	<b>Aqua</b> <i>Sadiqa</i>		<b>Aqua</b> <i>Sadiqa</i>	<b>Aqua</b> <i>Eslam</i>		
5:00-6:00	<b>Aqua</b> <i>Sadiqa</i>		<b>Aqua</b> <i>start 7:00 pm Eslam</i>		<b>Aqua</b> <i>Sadiqa</i>	<b>Aqua</b> <i>start 6:00 pm Eslam</i>	









## Tabarbour GX Ladies (studio 2)

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>							
10:00-11:00 am	 <i>start 10:15 Salam</i>				 <i>Rania</i>	 <i>Salam</i>	
11:00-12:00PM							
<b>Evening Classes</b>							
6:00-7:00PM							
7:00-8:00 pm	 <i>Rawda</i>	<b>Spinning</b> <i>Rania</i>		 <i>Salam</i>			
8:00-9:00PM			<b>Spinning</b> <i>Rania</i>				



Tabarbour 0791580657

**Tabarbour GX Men**

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning classes</b>							
11:00-12:00am							
<b>Evening classes</b>							
6:00-7:00pm					 Duaa		
7:15-8:15pm		 Omar	 Mahmoud	 Suhaib	 Suhaib	 Omar	
8:15-8:45pm			<b>Core</b> Mahmoud				
<b>Aqua Aclasses</b>							
5:00-6:00pm					<b>Aqua</b> Wesam		
6:00-7:00pm		<b>Aqua</b> Wesam		<b>Aqua</b> Wesam			