

Jasmine Al Qurum ( 24571411 / 24571337 )

Jasmine Azaiba ( 24596172 / 24596184 )

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
08:15am -09:15am	TOPRIDE	Step Athletic	TOPRIDE	POWER	MEGADANZ	XSS
09:30am -10:30am	OXIGENO	POWER	ZUMBA	XSS	FIGHTDO	Step Athletic
03:15pm -04:15pm		TOPRIDE	POWER	XSS	ZUMBA	FIGHTDO
04:30pm -05:30pm	Step Athletic	XSS	FIGHTDO	POWER	TOPRIDE / Pilates	ZUMBA
06:00pm -07:00pm	MEGADANZ	FIGHTDO	ZUMBA	TOPRIDE	XSS	POWER
07:15pm -08:15pm		POWER	TOPRIDE	MEGADANZ	FIGHTDO	OXIGENO

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
08:15am -09:15am	TOPRIDE	FIGHTDO	TOPRIDE	POWER	FIGHTDO	XSS
09:30am -10:30am		POWER	XSS	ZUMBA	TOPRIDE	Pilates
03:15pm -04:15pm		TOPRIDE	FIGHTDO	XSS	POWER	MEGADANZ
04:30pm -05:30pm	OXIGENO	POWER	TOPRIDE	Attack	FIGHTDO	XSS
06:00pm -07:00pm	ZUMBA	FIGHTDO	ZUMBA	POWER	Pilates	TOPRIDE
07:15pm -08:15pm		XSS	OXIGENO	TOPRIDE	POWER	OXIGENO



TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
09:30 AM - 10:00 AM		V6		V8		V8
04:30 PM - 05:00 PM			V8		V6	V8
05:30 PM - 06:00 PM	V6	V8	V6	V6	V8	V6
06:30 PM - 07:00 PM			V6		V6	



TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
08:30 AM - 09:00 AM		V6		V8		V6
05:30 PM - 06:00 PM		V6	V8		V6	V8

Terms:

1. Please ensure to arrive in 10 minutes prior to the commencement of the class.
2. The Minimum is one participant for the class to be conducted.
3. There is NO BOOKING policy for the classes.
4. For information, call your branch.
5. For suggestions or complaints call 24390427 / 24390428.
6. Aqua Aerobics Classes shall only be available for Aqua Aerobics Member.

الشروط:

1. الرجاء الحضور قبل الموعد بعشر دقائق من موعد الحصة
2. الحد الأدنى لأجراء الحصة هو مشترك واحد
3. لا يوجد سياسة حجز للحصص
4. للمزيد من المعلومات يرجى الاتصال بالفرع الاقرب لك
5. للمزيد من الاقتراحات والشكاوي يرجى الاتصال على الارقام التاليه: ٢٤٣٩٠٤٢٧ / ٢٤٣٩٠٤٢٨
6. التدريبات المائيه فقط متوفره للأعضاء المشتركين بالتدريبات المائيه