

# CHILDREN PROGRAM

After Eid until 30 June 2019

| SATURDAY  | SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   |
|---|--|--|--|--|--|
| <b>Little Athletes</b><br>(3 - 5 years)<br>10:00 AM<br>Liza / Asma<br>Active Hall   | <b>Born2Play</b><br>(12 - 24 months)<br>9:00 AM<br>Asma / Eva / Liza<br>Baby Bliss Studio    | <b>Mother &amp; Toddler</b><br>(2 - 3 years)<br>9:00 AM<br>Asma / Eva / Liza<br>Active Hall  | <b>Baby Sensory</b><br>(6 - 12 months)<br>9:00 AM<br>Asma / Liza<br>Baby Bliss Studio    | <b>Born2Play</b><br>(12 - 24 months)<br>9:00 AM<br>Asma / Liza<br>Baby Bliss Studio    | <b>Mother &amp; Toddler</b><br>(2 - 3 years)<br>9:00 AM<br>Asma / Eva / Liza<br>Active Hall  |
| <b>Youth Fitness</b><br>(5 - 6 1/2 years)<br>11:00 AM<br>Liza / Asma<br>Active Hall | <b>Baby Sensory</b><br>(6 - 12 months)<br>10:00 AM<br>Asma / Eva / Liza<br>Baby Bliss Studio | <b>Mother &amp; Toddler</b><br>(2 - 3 years)<br>10:00 AM<br>Asma / Eva / Liza<br>Active Hall | <b>Born2Play</b><br>(12 - 24 months)<br>10:00 AM<br>Asma / Liza<br>Baby Bliss Studio     | <b>Baby Sensory</b><br>(6 - 12 months)<br>10:00 AM<br>Asma / Liza<br>Baby Bliss Studio | <b>Mother &amp; Toddler</b><br>(2 - 3 years)<br>10:00 AM<br>Asma / Eva / Liza<br>Active Hall |
| <b>Girls Fitness</b><br>(7 - 9 years)<br>12:00 PM<br>Asma / Liza<br>Active Hall     | <b>Little Athletes</b><br>(3 - 5 years)<br>3:00 PM<br>Asma / Eva / Liza<br>Active Hall       | <b>Little Athletes</b><br>(3 - 5 years)<br>3:00 PM<br>Asma / Eva / Liza<br>Active Hall       | <b>Youth Fitness</b><br>(5 - 6 1/2 years)<br>3:00 PM<br>Asma / Eva / Liza<br>Active Hall | <b>Little Athletes</b><br>(3 - 5 years)<br>3:00 PM<br>Asma / Liza<br>Active Hall       | <b>Zumba Kids</b><br>(4 - 9 years)<br>3:00 PM<br>Liza / Asma<br>Active Hall                  |
| <b>Zumba Kids</b><br>(4 - 9 years)<br>1:00 PM<br>Liza / Asma<br>Active Hall         | <b>Youth Fitness</b><br>(5 - 6 1/2 years)<br>4:00 PM<br>Asma / Eva / Liza<br>Active Hall     | <b>Girls Fitness</b><br>(7 - 9 years)<br>4:00 PM<br>Asma / Eva / Liza<br>Active Hall         | <b>Zumba Kids</b><br>(4 - 9 years)<br>4:00 PM<br>Asma / Eva / Liza<br>Active Hall        | <b>Youth Fitness</b><br>(5 - 6 1/2 years)<br>4:00 PM<br>Asma / Liza<br>Active Hall     | <b>Girls Fitness</b><br>(7 - 9 years)<br>4:00 PM<br>Asma / Liza<br>Active Hall               |