<table>
<thead>
<tr>
<th>Time/الوقت</th>
<th>Sunday/الأحد</th>
<th>Monday/الاثنين</th>
<th>Tuesday/الثلاثاء</th>
<th>Wednesday/الأربعاء</th>
<th>Thursday/الخميس</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 - 11:15 AM</td>
<td>BOSU BLAST (Dennis/دينيس, Yehia/يحيى)</td>
<td>Full Body Mobility/Stick Exercise (Dennis/دينيس, Yehia/يحيى)</td>
<td>Power Stretching/تمارين التمدد الكامل (Dennis/دينيس, Yehia/يحيى)</td>
<td>Tai-Chi/Chair Exercise (Dennis/دينيس, Yehia/يحيى)</td>
<td>Power Stretching/تمارين التمدد الكامل (Dennis/دينيس, Yehia/يحيى)</td>
</tr>
<tr>
<td>11:30 AM – 12:30 PM</td>
<td>Functional Training/التدريبات الوظيفية (Aprile/إبريل)</td>
<td>Chair Exercise/تمارين الكرسي (Aprile/إبريل)</td>
<td>Fit Ball/كرة التوازن (Aprile/إبريل)</td>
<td>Chair Exercise/تمارين الكرسي (Aprile/إبريل)</td>
<td>Full Body Circuit/الدائرة الكاملة للجسم (Aprile/إبريل)</td>
</tr>
<tr>
<td>12:30 - 1:15 PM</td>
<td></td>
<td></td>
<td></td>
<td>Yoga/يوغا (Aprile/إبريل)</td>
<td></td>
</tr>
<tr>
<td>3:30 - 4:15 PM</td>
<td>Full Body Mobility/حصة التحرك الكامل (Aprile/إبريل)</td>
<td>Chair Exercise/تمارين الكرسي (Aprile/إبريل)</td>
<td>Fit Ball/كرة التوازن (Aprile/إبريل)</td>
<td>Yoga/يوغا (Aprile/إبريل)</td>
<td>Full Body Circuit/الدائرة الكاملة للجسم (Aprile/إبريل)</td>
</tr>
<tr>
<td>4:30 PM - 5:15 PM</td>
<td>Full Body Mobility/حصة التحرك الكامل (Dennis/دينيس, Yehia/يحيى)</td>
<td>Stick Exercise/تمرين العصا (Dennis/دينيس, Yehia/يحيى)</td>
<td></td>
<td>Power Stretching/تمارين التمدد الكامل (Dennis/دينيس, Yehia/يحيى)</td>
<td></td>
</tr>
</tbody>
</table>

Instructors and Classes are Subject to Change
Pre-booking may be required for some classes due to limited capacity

https://www.dasmaninstitute.org/medical-fitness-center/
BOSU BLAST
A total body workout that will strengthen the lower and upper body using stability balls, it can also intensify fat burning cardio with muscle toning segments and improving balance.

Balance Training
Balance Training aims to improve stability and prevent falls. This class include lower body strengthening exercises, core stability exercises, and balance exercises.

Core Circuit/Full Body Circuit
This class concentrates on your back and abdominals making your core a strong and healthy one. Combination of cardio and toning.

Shape and Tone
A full body workout combining cardio, toning, and stretching. Using a range of equipment as well as body weight. For all levels.

Chair Exercise Class
This class includes strengthening and flexibility exercises performed mostly while seated on a chair to allow the body to be conditioned without putting undue strain on joints. These exercises can increase your ability to perform activities of daily living more effectively.

Fit Ball
This class will improve strength. For all levels.

TAI CHI/YOGA
It involves a series of movements performed in a slow focused manner and accompanied by deep breathing.

Functional Training
Train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home at work or in sports. These exercises help us develop balance and improve our mobility so that you can move better without injury.

Full Mobility Class
This class not just focusing on static stretching, but work encompasses a wide range of exercises that combines range of exercises that combines range of motion and strengthening of different parts of the body.

Stick Exercise
This exercise regimen consisting of a series of movements done with a stick. These exercises are designed to maintain a healthy body and spirit by improving balance, flexibility, strength, mental focus and breathing capacity.