

A Fitness Day, on Friday, March 13th, 2009 for Orphanages

Time	Activity	Group	Trainer
1:00 PM to 2:00 PM	Gathering & Introduction	All Groups	
2:00 PM to 2:30 PM	Magician	All Groups	
2:30 PM to 3:00 PM	Aragoz	All Groups	
3:00 PM to 4:00 PM	Snack	All Groups	
4:00 PM to 4:30 PM	Jungle Gym	Group One	Trainers
4:00 PM to 4:30 PM	Karate	Group Two	Yasser Dessouky & Mohamed Gamal
4:00 PM to 4:30 PM	Youth Gym	Group Three	Ramy Ali & Ahmed Abd Alaa & Radwa Helmy
4:00 PM to 4:30 PM	Little Games	Group Four	Karim Mohamed
4:00 PM to 4:30 PM	Gym Competitions	Group Five	Mohamed Hassan
4:30 PM to 5:00 PM	Jungle Gym	Group Two	Trainers
4:30 PM to 5:00 PM	Karate	Group One	Yasser Dessouky & Mohamed Gamal
4:30 PM to 5:00 PM	Youth Gym	Group Four	Ramy Ali & Ahmed Abd Alaa & Radwa Helmy
4:30 PM to 5:00 PM	Little Games	Group Five	Karim Mohamed
4:30 PM to 5:00 PM	Gym Competitions	Group Three	Mohamed Hassan
5:00 PM to 5:30 PM	Jungle Gym	Group Three	Trainers
5:00 PM to 5:30 PM	Karate	Group Five	Yasser Dessouky & Mohamed Gamal
5:00 PM to 5:30 PM	Little Games	Group One	Karim Mohamed
5:00 PM to 5:30 PM	Gym Competitions	Group Four	Mohamed Hassan
5:30 PM to 6:00 PM	Jungle Gym	Group Four	Trainers
5:30 PM to 6:00 PM	Karate	Group Three	Yasser Dessouky & Mohamed Gamal
5:30 PM to 6:00 PM	Youth Gym	Group Five	Ramy Ali & Ahmed Abd Alaa & Radwa Helmy
5:30 PM to 6:00 PM	Little Games	Group Two	Karim Mohamed
6:00 PM to 6:30 PM	Jungle Gym	Group Five	Trainers
6:00 PM to 6:30 PM	Karate	Group Four	Yasser Dessouky & Mohamed Gamal
6:30 PM to 7:30 PM	Main Meal	All Groups	
7:30 PM to 8:30 PM	Prizes	All Groups	Karim Strougo

Group One	2 to 8 Years	Total Number = 45	23 Children
Group Two	2 to 8 Years		22 Children
Group Three	9 to 21 Years	Total Number = 73	25 Children
Group Four	9 to 21 Years		25 Children
Group Five	9 to 21 Years		23 Children

Groups	Activities
Group One	Karate + Little Games + Jungle Gym
Group Two	Karate + Little Games + Jungle Gym
Group Three	Karate + + Little Games + Jungle Gym + Youth Gym + Gym Competitions
Group Four	Karate + Little Games + Jungle Gym + Youth Gym + Gym Competitions
Group Five	Karate + Little Games + Jungle Gym + Youth Gym + Gym Competitions