








MEN'S FITNESS PROGRAM

Afternoon Session

1 - 19 September 2020

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Extreme Tabata 3:00 PM Bohdan Multifunction ..	Extreme Tabata 3:00 PM Masoud Multifunction ..	Medball 3:00 PM Masoud Conditioning ..	Rowing 3:00 PM Bohdan Boxing / TRX ..	Cardio Zone 3:00 PM Ayoub Conditioning ..	Fitness Zone 3:00 PM Masoud Conditioning ..

Evening Session

Fitness Zone 4:00 PM Hamza Conditioning ..	Fitness Zone 4:00 PM Ayoub Conditioning ..	Cardio Step 4:00 PM Hamza Multifunction ..	Cardio Zone 4:00 PM Ayoub Conditioning ..	Core Workout 4:00 PM Marian Multifunction ..	Cardio Step 4:00 PM Hamza Multifunction ..
Spinning 4:00 PM Ayoub Spinning Studio ..	Rowing 4:00 PM Bohdan Boxing / TRX ..	T. R. Extreme 4:00 PM Bohdan Boxing / TRX ..	Extreme Tabata 4:00 PM Hamza Multifunction ..	Rowing 4:00 PM Masoud Boxing / TRX ..	Rowing 4:00 PM Marian Boxing / TRX ..
Core Workout 5:00 PM Bohdan Multifunction ..	LesMills Body Pump  5:00 PM Ayoub Multifunction ..	Fitness Zone 5:00 PM Ayoub Conditioning ..	Kettlebell Workout 5:00 PM Masoud Boxing / TRX ..	Power Zone 5:00 PM Marian Conditioning ...	Cardio Zone 5:00 PM Masoud Conditioning ..
Rowing 5:00 PM Masoud Boxing / TRX ..	Spinning 5:00 PM Hamza Spinning Studio ..	Kickboxing 5:00 PM Hamza Boxing / TRX ..	Spinning 5:00 PM Ayoub Spinning Studio ..	Spinning 5:00 PM Hamza Spinning Studio ..	Boxing Fitness 5:00 PM Bohdan Boxing / TRX ..
Strength Zone 6:00 PM Hamza Conditioning ...	Functional Zone 6:00 PM Marian Conditioning ..	LesMills Body Pump  6:00 PM Marian Multifunction ..	Strength Zone 6:00 PM Marian Conditioning ...	Extreme Tabata 6:00 PM Masoud Multifunction ..	LesMills Grit - Strength  6:00 PM Ayoub Multifunction ...
Kickboxing 6:00 PM Ayoub Boxing / TRX ..	Boxing Fitness 6:00 PM Hamza Boxing / TRX ..	Spinning 6:00 PM Bohdan Spinning Studio ..	LesMills Grit - Cardio  6:00 PM Bohdan Multifunction ...	T. R. Extreme 6:00 PM Bohdan Boxing / TRX ..	Kettlebell Workout 6:00 PM Bohdan Boxing / TRX ..
LesMills Body Combat  7:00 PM Hamza Multifunction ..	Core Workout 7:00 PM Marian Multifunction ..	Fitness Zone 7:00 PM Marian Conditioning ..	LesMills Body Pump  7:00 PM Marian Multifunction ..	Fitness Zone 7:00 PM Hamza Conditioning ..	LesMills Body Pump  7:00 PM Hamza Multifunction ..
Kettlebell Workout 7:00 PM Masoud Boxing / TRX ..	T. R. Extreme 7:00 PM Masoud Boxing / TRX ..	Kettlebell Workout 7:00 PM Masoud Boxing / TRX ..	Boxing Fitness 7:00 PM Hamza Boxing / TRX ..	Kickboxing 7:00 PM Bohdan Boxing / TRX ..	Spinning 7:00 PM Marian Spinning Studio ..

•• medium intensity

• low intensity

Aspire Active Timetables are subject to change

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Cardio Zone 8:00 PM Ayoub Conditioning ••	Cardio Zone 8:00 PM Bohdan Conditioning ••	Core Workout 8:00 PM Ayoub Multifunction ••	Fitness Zone 8:00 PM Masoud Conditioning ••	LesMills Body Combat  8:00 PM Ayoub Multifunction ••	Cardio Zone 8:00 PM Masoud Conditioning ••
Boxing Fitness 8:00 PM Bohdan Boxing / TRX ••	Kickboxing 8:00 PM Ayoub Boxing / TRX ••	Boxing Fitness 8:00 PM Bohdan Boxing / TRX ••	Rowing 8:00 PM Ayoub Boxing / TRX ••	Kettlebell Workout 8:00 PM Bohdan Boxing / TRX ••	T. R. Extreme 8:00 PM Marian Boxing / TRX ••
Extreme Tabata 9:00 PM Masoud Multifunction ••	X - Fit 9:00 PM Marian Multifunction ••	Cardio Zone 9:00 PM Hamza Conditioning ••	Core Workout 9:00 PM Masoud Multifunction ••	Cardio Zone 9:00 PM Hamza Conditioning ••	Core Workout 9:00 PM Ayoub Multifunction ••