

WOMEN'S FITNESS PROGRAM

Morning Session

1 - 19 September 2020

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Tabata 8:00 AM Liza FS1 ...	Tabata 8:00 AM Monica FS1 ...	Les Mills Body Combat <small>LES MILLS BODYCOMBAT</small> 8:00 AM Lena FS1 ...	Tabata 8:00 AM Judy FS1 ...	Strong by Zumba 8:00 AM Liza FS1 ...	Tabata 8:00 AM Anna FS1 ...
Body Shape 8:00 AM Inna FS2 ..	Legs, Bums & Tums 8:00 AM Susanne FS2 ..	Body Shape 8:00 AM Judy FS2 ..	Body Shape 8:00 AM Anna FS2 ..	Legs, Bums & Tums 8:00 AM Susanne FS2 ..	Bodyweight Workout 8:00 AM Elma FS2 ..
Bodyweight Workout 9:00 AM Inna FS1 ..	Spinning 8:00 AM Nisha Spinning Studio ..	Legs, Bums & Tums 8:00 AM Liza FS3 ..	Spinning 8:00 AM Monica Spinning Studio ..	Body Shape 8:00 AM Aziza FS3 ..	Body Shape 8:00 AM Inna FS3 ..
Abdominal Workout 9:00 AM Liza FS2 ..	Fartlek WF 8:00 AM Inna Active Hall ...	TRX 8:00 AM Monica FS5 ..	Zumba 9:00 AM Anna FS1 ..	Fartlek WF 8:00 AM Inna Active Hall ...	Spinning 8:00 AM Nisha Spinning Studio ..
	Body Shape 9:00 AM Inna FS1 ..	Tabata 9:00 AM Alina FS1 ...	Les Mills Body Pump <small>LES MILLS BODYPUMP</small> 9:00 AM Elma FS2 ...	Tabata 9:00 AM Aziza FS1 ...	Fartlek WF 8:00 AM Monica Active Hall ...
	Les Mills Body Pump <small>LES MILLS BODYPUMP</small> 9:00 AM Elma FS2 ...	Body Shape 9:00 AM Inna FS2 ..	Kettlebell 9:00 AM Monica FS3 ..	Body Shape 9:00 AM Inna FS2 ..	Body Shape 9:00 AM Monica FS1 ..
	Abdominal Workout 9:00 AM Monica FS3 ..	Body Balance <small>LES MILLS BODYBALANCE</small> 9:00 AM Lena FS7 ..	Yoga 9:00 AM Nisha FS7 ..	Pilates 9:00 AM Dora FS7 ..	Zumba 9:00 AM Anna FS2 ..
	Yoga 9:00 AM Nisha FS7 ..	Spinning 9:00 AM Monica Spinning Studio ..	Body Shape 10:00 AM Susanne FS1 ..	Spinning 9:00 AM Monica Spinning Studio ..	Yoga 9:00 AM Nisha FS7 ..
	Body Shape 10:00 AM Aziza FS1 ..	Bodyweight Workout 10:00 AM Judy FS1 ..	Abdominal Workout 10:00 AM Aziza FS2 ..	Abdominal Workout 10:00 AM Monica FS1 ..	Body Shape 10:00 AM Aziza FS1 ..
	Abdominal Workout 10:00 AM Judy FS2 ..	Abdominal Workout 10:00 AM Susanne FS2 ..	Pilates 10:00 AM Elma FS7 ..	Legs, Bums & Tums 10:00 AM Inna FS2 ..	Pilates 10:00 AM Elma FS7 ..
		Pilates 10:00 AM Liza FS7 ..		Circuit Training 10:00 AM Dora FS3 ..	

Evening Session

Legs, Bums & Tums 4:00 PM Alina FS1 ..	Body Shape 4:00 PM Liza FS1 ..	Tabata 4:00 PM Judy FS1 ...	Legs, Bums & Tums 4:00 PM Judy FS1 ..	3 / 15 Workout 4:00 PM Liza FS1 ..	Les Mills Body Combat <small>LES MILLS BODYCOMBAT</small> 4:00 PM Lena FS1 ...
Pilates 4:00 PM Aziza FS7 ..	Abdominal Workout 4:00 PM Susanne FS2 ..	Body Shape 4:00 PM Susanne FS2 ..	Abdominal Workout 4:00 PM Susanne FS2 ..	Abdominal Workout 4:00 PM Elma FS2 ..	Bodyweight Workout 4:00 PM Susanne FS2 ..
Tabata 5:00 PM Aziza FS1 ...	Body Shape 5:00 PM Aziza FS1 ..	Legs, Bums & Tums 4:00 PM Aziza FS3 ..	Body Shape 5:00 PM Judy FS1 ..	Zumba 5:00 PM Alina FS1 ..	Abdominal Workout 4:00 PM Judy FS3 ..

• low intensity

•• medium intensity

Aspire Active Timetables are subject to change

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Body Shape 5:00 PM Susanne FS2 ..	Legs, Bums & Tums 5:00 PM Elma FS2 ..	Strong by Zumba 5:00 PM Liza FS1 ...	Les Mills Body Pump <small>LES MILLS BODY PUMP</small> 5:00 PM Aziza FS2 ...	Body Shape 5:00 PM Elma FS2 ..	Body Shape 5:00 PM Liza FS1 ..
Kettlebell 5:00 PM Alina FS3 ...	Kettlebell 5:00 PM Judy FS3 ...	Abdominal Workout 5:00 PM Susanne FS2 ..	Pilates 5:00 PM Liza FS7 ..	Bodyweight Workout 5:00 PM Susanne FS3 ..	Abdominal Workout 5:00 PM Susanne FS2 ..
Bodyweight Workout 6:00 PM Judy FS1 ..	Zumba 6:00 PM Alina FS1 ..	Spinning 5:00 PM Nisha Spinning Studio ..	Fartlek WF 5:00 PM Inna Active Hall ...	Pilates 5:00 PM Liza FS7 ..	Legs, Bums & Tums 5:00 PM Judy FS3 ..
Abdominal Workout 6:00 PM Susanne FS2 ..	Body Shape 6:00 PM Susanne FS2 ..	Body Shape 6:00 PM Aziza FS1 ..	Body Shape 6:00 PM Aziza FS1 ..	Legs, Bums & Tums 6:00 PM Alina FS1 ..	Body Balance <small>LES MILLS BODY BALANCE</small> 5:00 PM Lena FS7 ..
Body Shape 7:00 PM Judy FS1 ..	Pilates 6:00 PM Aziza FS7 ..	Les Mills Body Pump <small>LES MILLS BODY PUMP</small> 6:00 PM Elma FS2 ...	Abdominal Workout 6:00 PM Inna FS2 ..	Interval Workout 6:00 PM Susanne FS2 ..	Body Shape 6:00 PM Aziza FS1 ..
	Legs, Bums & Tums 7:00 PM Liza FS1 ..	Yoga 6:00 PM Nisha FS7 ..	Tabata 7:00 PM Liza FS1 ...	Kettlebell 6:00 PM Judy FS3 ...	Pilates 6:00 PM Liza FS7 ..
	Abdominal Workout 7:00 PM Alina FS2 ..	Abdominal Workout 7:00 PM Elma FS1 ..	Body Shape 7:00 PM Susanne FS2 ..	Body Shape 7:00 PM Aziza FS1 ..	Abdominal Workout 7:00 PM Aziza FS1 ..
				Abdominal Workout 7:00 PM Judy FS2 ..	Body Shape 7:00 PM Susanne FS2 ..