

**MEN'S FITNESS PROGRAMME**

AFTERNOON SESSION

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>EXTREME TABATA</b> 3:00 PM MASOUD MULTIFUNCTION •••	<b>EXTREME TABATA</b> 3:00 PM BOHDAN MULTIFUNCTION ••	<b>MEDBALL</b> 3:00 PM AYOUB CONDITIONING ••	<b>ROWING</b> 3:00 PM AYOUB BOXING / TRX ••	<b>CARDIO ZONE</b> 3:00 PM AYOUB CONDITIONING ••	<b>FITNESS ZONE</b> 3:00 PM MASOUD CONDITIONING ••

EVENING SESSION

<b>FITNESS ZONE</b> 4:00 PM MASOUD CONDITIONING ••	<b>FUNCTIONAL ZONE</b> 4:00 PM MARIAN CONDITIONING ••	<b>X-FIT</b> 4:00 PM MARIAN MULTIFUNCTION ••	<b>CARDIO ZONE</b> 4:00 PM AYOUB CONDITIONING ••	<b>CORE WORKOUT</b> 4:00 PM MARIAN MULTIFUNCTION ••	<b>INTERVAL TRAINING</b> 4:00 PM MASOUD CONDITIONING ••
<b>SPINNING</b> 4:00 PM AYOUB SPINNING STUDIO ••	<b>ROWING</b> 4:00 PM AYOUB BOXING / TRX ••	<b>T.R. EXTREME</b> 4:00 PM MASOUD BOXING / TRX ••	<b>EXTREME TABATA</b> 4:00 PM MASOUD MULTIFUNCTION ••	<b>ROWING</b> 4:00 PM BOHDAN BOXING / TRX ••	<b>ROWING</b> 4:00 PM MASOUD BOXING / TRX ••
<b>CORE WORKOUT</b> 5:00 PM AYOUB MULTIFUNCTION ••	<b>CARDIO ZONE</b> 5:00 PM MARIAN CONDITIONING ••	<b>FITNESS ZONE</b> 5:00 PM AYOUB CONDITIONING ••	<b>MEDBALL</b> 5:00 PM MASOUD CONDITIONING ••	<b>POWER ZONE</b> 5:00 PM MARIAN CONDITIONING •••	<b>CARDIO ZONE</b> 5:00 PM AYOUB CONDITIONING ••
<b>ROWING</b> 5:00 PM BOHDAN BOXING / TRX ••	<b>CORE WORKOUT</b> 5:00 PM AYOUB MULTIFUNCTION ••	<b>KICKBOXING</b> 5:00 PM BOHDAN BOXING / TRX ••	<b>KETTLEBELL WORKOUT</b> 5:00 PM BOHDAN MULTIFUNCTION ••	<b>SPINNING</b> 5:00 PM AYOUB SPINNING STUDIO ••	<b>BOXING FITNESS</b> 5:00 PM BOHDAN BOXING / TRX ••
<b>STRENGTH ZONE</b> 6:00 PM MASOUD CONDITIONING •••	<b>FITNESS ZONE</b> 6:00 PM MASOUD CONDITIONING ••	<b>CORE WORKOUT</b> 6:00 PM MARIAN MULTIFUNCTION ••	<b>STRENGTH ZONE</b> 6:00 PM MARIAN CONDITIONING •••	<b>EXTREME TABATA</b> 6:00 PM MARIAN MULTIFUNCTION ••	<b>CORE WORKOUT</b> 6:00 PM AYOUB MULTIFUNCTION ••

LOW INTENSITY •  
MEDIUM INTENSITY ••  
HIGH INTENSITY •••

ASPIRE ACTIVE TIMETABLES ARE SUBJECT TO CHANGE

**MEN'S FITNESS PROGRAMME**

EVENING SESSION

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>KICKBOXING</b> 6:00 PM BOHDAN BOXING / TRX •••	<b>BOXING FITNESS</b> 6:00 PM BOHDAN BOXING / TRX ••	<b>SPINNING</b> 6:00 PM BOHDAN SPINNING STUDIO ••	<b>X-FIT</b> 6:00 PM BOHDAN MULTIFUNCTION ••	<b>T.R. EXTREME</b> 6:00 PM MASOUD BOXING / TRX ••	<b>KETTLEBELL WORKOUT</b> 6:00 PM BOHDAN BOXING / TRX ••
<b>X-FIT</b> 7:00 PM AYOUB MULTIFUNCTION •••	<b>CORE WORKOUT</b> 7:00 PM MARIAN MULTIFUNCTION ••	<b>FITNESS ZONE</b> 7:00 PM MARIAN CONDITIONING ••	<b>CARDIO ZONE</b> 7:00 PM MARIAN CONDITIONING ••	<b>FITNESS ZONE</b> 7:00 PM MASOUD CONDITIONING ••	<b>CARDIO ZONE</b> 7:00 PM MASOUD CONDITIONING ••
<b>KETTLEBELL WORKOUT</b> 7:00 PM MASOUD BOXING / TRX •••	<b>T.R. EXTREME</b> 7:00 PM AYOUB BOXING / TRX ••	<b>KETTLEBELL WORKOUT</b> 7:00 PM MASOUD BOXING / TRX •••	<b>BOXING FITNESS</b> 7:00 PM AYOUB BOXING / TRX ••	<b>KICKBOXING</b> 7:00 PM BOHDAN BOXING / TRX ••	<b>T.R. EXTREME</b> 7:00 PM MARIAN BOXING / TRX ••
<b>CARDIO ZONE</b> 8:00 PM AYOUB CONDITIONING •••	<b>CARDIO ZONE</b> 8:00 PM BOHDAN CONDITIONING ••	<b>CORE WORKOUT</b> 8:00 PM MASOUD MULTIFUNCTION •••	<b>FITNESS ZONE</b> 8:00 PM MASOUD CONDITIONING ••	<b>FUNTIONAL ZONE</b> 8:00 PM BOHDAN CONDITIONING ••	<b>STRENGTH ZONE</b> 8:00 PM BOHDAN CONDITIONING ••
<b>CORE WORKOUT</b> 8:00 PM BOHDAN MULTIFUNCTION •••	<b>KETTLEBELL WORKOUT</b> 8:00 PM MASOUD BOXING / TRX ••	<b>ROWING</b> 8:00 PM BOHDAN BOXING / TRX •••	<b>T.R. EXTREME</b> 8:00 PM BOHDAN BOXING / TRX ••	<b>X-FIT</b> 8:00 PM AYOUB MULTIFUNCTION ••	<b>EXTREME TABATA</b> 8:00 PM MARIAN MULTIFUNCTION ••
<b>EXTREME TABATA</b> 9:00 PM BOHDAN MULTIFUNCTION •••	<b>ROWING</b> 9:00 PM MASOUD BOXING / TRX ••	<b>CARDIO ZONE</b> 9:00 PM AYOUB CONDITIONING •••	<b>X-FIT</b> 9:00 PM MARIAN MULTIFUNCTION ••	<b>T.R. EXTREME</b> 9:00 PM MASOUD BOXING / TRX ••	<b>CORE WORKOUT</b> 9:00 PM AYOUB MULTIFUNCTION ••

LOW INTENSITY •  
 MEDIUM INTENSITY ••  
 HIGH INTENSITY •••

ASPIRE ACTIVE TIMETABLES ARE SUBJECT TO CHANGE