

MEN'S FITNESS PROGRAM

02 - 15 June 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Evening Session					
Cardio Workout 4:00 PM Ivan Conditioning ..	Rowing 4:00 PM Sipho Rowing / SkiFit ..	Cardio Workout 4:00 PM Ivan Conditioning ..	X-Fit 4:00 PM Marian Multifunction ..	Group Fitness 4:00 PM Jean / Mogammad Conditioning ..	TRX Workout 4:00 PM Sipho Boxing / TRX ..
X-Fit 5:00 PM Dacha Multifunction ..	Group Fitness 5:00 PM Pedro Conditioning ..	Core Workout 5:00 PM Dacha Multifunction ..	TRX Workout 5:00 PM Kurt Boxing / TRX ..	Yoga 5:00 PM Nisha Multifunction ..	Spinning 5:00 PM Pedro Spinning Studio ...
Core Workout 8:00 PM Mogammad / Pedro Multifunction ..	Cardio Workout 8:00 PM Mogammad / Rabii Conditioning ..	X-Fit 8:00 PM Jean / Mogammad Multifunction ..	Group Fitness 8:00 PM Rabii / Sipho Conditioning ..	Medball 8:00 PM Marian / Pedro Conditioning ..	Medball 8:00 PM Hamza / Kurt Conditioning ..
Spinning 8:00 PM Kurt Spinning Studio ...	TRX Workout 8:00 PM Dacha / Jean Boxing / TRX ..	Rowing 8:00 PM Pedro / Sipho Rowing / SkiFit ..	Extreme Tabata 8:00 PM Hamza / Pedro Multifunction ..	TRX Workout 8:00 PM Kurt / Rabii Boxing / TRX ..	Rip & Lift Workout 8:00 PM Rabii Multifunction ..
Rip & Lift Workout 9:00 PM Marian Multifunction ..	Medball 9:00 PM Marian / Mogammad Conditioning ..	Group Fitness 9:00 PM Hamza / Marian Conditioning ..	Core Workout 9:00 PM Dacha Multifunction ..	Power 9:00 PM Sipho Conditioning ..	Group Fitness 9:00 PM Kurt / Marian Conditioning ..
Kettlebell Workout 9:00 PM Jean / Rabii Boxing / TRX ..	Rip & Lift Workout 9:00 PM Kurt Multifunction ..	Extreme Tabata 9:00 PM Rabii Multifunction ..	Kettlebell Workout 9:00 PM Jean Boxing / TRX ...	Rip & Lift Workout 9:00 PM Pedro Multifunction ..	Cardio Step 9:00 PM Rabii Multifunction ..
Rowing 9:00 PM Hamza Rowing / SkiFit ..	Spinning 9:00 PM Hamza Spinning Studio ...	Kettlebell Workout 9:00 PM Jean Boxing / TRX ..	Rowing 9:00 PM Sipho Rowing / SkiFit ..	Rowing 9:00 PM Dacha Rowing / SkiFit ..	Boxing Fitness 9:00 PM Dacha / Hamza Boxing / TRX ...
Fit Futsal 10:00 PM Mogammad MPH 2 ..	Fit Futsal 10:00 PM Dacha MPH 2 ..	Fit Futsal 10:00 PM Sipho MPH 2 ..	Fit Futsal 10:00 PM Hamza MPH 2 ..	Fit Futsal 10:00 PM Nizar MPH 2 ..	Fit Futsal 10:00 PM Marian MPH 2 ..
Group Fitness 10:00 PM Rabii Conditioning ..	Group Fitness 10:00 PM Kurt Conditioning ..	Core Workout 10:00 PM Kurt / Marian Multifunction ..	Rip & Lift Workout 10:00 PM Rabii Multifunction ..	Group Fitness 10:00 PM Marian Conditioning ..	Core Workout 10:00 PM Mogammad Multifunction ..
Yoga 10:00 PM Sipho Multifunction ..	Cardio Step 10:00 PM Hamza / Rabii Multifunction ..	Spinning 10:00 PM Mogammad Spinning Studio ...	Boxing Fitness 10:00 PM Nizar Boxing / TRX ...	Spinning 10:00 PM Hamza Spinning Studio ...	Kettlebell Workout 10:00 PM Jean Boxing / TRX ..

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fit Volleyball 10:00 PM Pedro Volleyball Area ..	Fit Basketball 10:00 PM Jean Volleyball Area ..	Fit Volleyball 10:00 PM Rabii Volleyball Area ..	Fit Basketball 10:00 PM Ivan Volleyball Area ..	Fit Volleyball 10:00 PM Rabii Volleyball Area ..	Fit Basketball 10:00 PM Dacha Volleyball Area ..
Fit Futsal 11:00 PM Marian MPH 2 ..	Fit Futsal 11:00 PM Nizar MPH 2 ..	Fit Futsal 11:00 PM Kurt MPH 2 ..	Fit Futsal 11:00 PM Dacha MPH 2 ..	Fit Futsal 11:00 PM Ivan MPH 2 ..	Fit Futsal 11:00 PM Mogammad MPH 2 ..
Boxing Fitness 11:00 PM Hamza / Nizar Boxing / TRX ...	Core Workout 11:00 PM Marian Multifunction ..	Rip & Lift Workout 11:00 PM Hamza Multifunction ..	Group Fitness 11:00 PM Mogammad / Pedro Conditioning ..	Core Workout 11:00 PM Dacha / Sipho Multifunction ..	TRX Workout 11:00 PM Ivan / Jean Boxing / TRX ..
Fit Basketball 11:00 PM Jean Volleyball Area ..	Fit Volleyball 11:00 PM Ivan Volleyball Area ..	Fit Basketball 11:00 PM Nizar Volleyball Area ..	Fit Volleyball 11:00 PM Jean Volleyball Area ..	Fit Basketball 11:00 PM Kurt Volleyball Area ..	Fit Volleyball 11:00 PM Nizar Volleyball Area ..