

TEENAGE GIRLS PROGRAM

Ramadan 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Swimming (15-17 years) 8:00 PM Naome Swimming Pool	Boot Camp (9-11 years) 4:00 PM Naome FS3	HIP HOP (12-17 years) 9:00 PM Paula FS3	Fun Games (9-11 years) 4:00 PM Naome / Susanne FS3	3 / 15 Spin (12-17 years) 9:00 PM Naome / Susanne Spinning Studio	Ball Skills (9-11 years) 4:00 PM Naome / Susanne FS3
Fun Games (12-17 years) 9:00 PM Naome / Susanne Active Hall	Abdominal Workout (12-14 years) 9:00 PM Naome / Susanne FS7	Ball Skills (12-17 years) 10:00 PM Naome / Susanne Active Hall	Swimming (12-14 years) 8:00 PM Susanne Swimming Pool	Boot Camp (15-17 years) 10:00 PM Naome / Susanne Active Hall	Fun Games (12-17 years) 9:00 PM Naome / Susanne Active Hall
Circuit Training (15-17 years) 10:00 PM Naome / Susanne FS3	Boot Camp (15-17 years) 10:00 PM Naome / Susanne Active Hall		Fun Games (12-17 years) 9:00 PM Naome / Susanne Active Hall		HIP HOP (12-17 years) 10:00 PM Paula FS3
			Abdominal Workout (12-17 years) 10:00 PM Naome / Susanne FS3		