

MEN'S FITNESS PROGRAM

Afternoon Session

01 - 31 July 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rowing 3:00 PM Ivan/Jean Rowing / SkiFit ..	Medball 3:00 PM Ivan/Jean Conditioning ..	Cardio Workout 3:00 PM Ivan/Rabii Conditioning ..	Rowing 3:00 PM Ivan/Sipho Rowing / SkiFit ..	X-Fit 3:00 PM Rabii Multifunction ..	Cardio Workout 3:00 PM Ivan/Rabii Conditioning ..

Evening Session

Spinning 4:00 PM Sipho Spinning Studio ...	Cardio Step 4:00 PM Rabii Multifunction ..	Group Fitness 4:00 PM Marian Conditioning ..	Cardio Workout 4:00 PM Jean/Marian Conditioning ..	Core Workout 4:00 PM Ivan/Marian Multifunction ..	X-Fit 4:00 PM Jean/Marian Multifunction ..
Cardio Workout 5:00 PM RABii Conditioning ..	Cardio Workout 5:00 PM Jean/Marian Conditioning ..	Core Workout 5:00 PM Marian Multifunction ..	Group Fitness 5:00 PM Rabii Conditioning ..	Group Fitness 5:00 PM Marian/Rabii Conditioning ..	Group Fitness 5:00 PM Marian Conditioning ..
T.R. Extreme 5:00 PM Marian Boxing/TRX ..	Rip & Lift Workout 5:00 PM Rabii Multifunction ..	Spinning 5:00 PM Jean Spinning Studio ...	Extreme Tabata 5:00 PM Marian Multifunction ..	Extreme Tabata 5:00 PM Jean Multifunction ..	Kettlebell Workout 5:00 PM Jean Boxing / TRX ...
Rip & Lift Workout 6:00 PM Marian Multifunction ..	Group Fitness 6:00 PM Marian Conditioning ..	Rip & Lift Workout 6:00 PM Rabii Multifunction ..	Core Workout 6:00 PM Rabii Multifunction ..	Cardio Workout 6:00 PM Ivan Conditioning ..	Rip & Lift Workout 6:00 PM Rabii Multifunction ..
Kettlebell Workout 6:00 PM Jean Boxing / TRX ...	Extreme Tabata 6:00 PM Jean Multifunction ..	Kettlebell Workout 6:00 PM Jean Boxing / TRX ...	Spinning 6:00 PM Jean Spinning Studio ...	T.R. Extreme 6:00 PM Jean Boxing/TRX ..	Spinning 6:00 PM Jean Spinning Studio ...
Power 7:00 PM Sipho Conditioning ...	Core Workout 7:00 PM Marian Multifunction ..	Group Fitness 7:00 PM Jean/Marian Conditioning ..	Rip & Lift Workout 7:00 PM Marian Multifunction ..	Power 7:00 PM Ivan/Sipho Conditioning ...	Core Workout 7:00 PM Marian Multifunction ..
Extreme Tabata 7:00 PM Marian/Rabii Multifunction ..	Spinning 7:00 PM Jean Spinning Studio ...	Yoga 7:00 PM Sipho Multifunction ..	Boxing Fitness 7:00 PM Rabii/Sipho Boxing / TRX ...	Spinning 7:00 PM Rabii Spinning Studio ...	Boxing Fitness 7:00 PM Sipho Boxing / TRX ...
Fit-Basketball 7:00 PM Jean Volleyball Area ..	Fit-Volleyball 7:00 PM Sipho Volleyball Area ..	Fit-Basketball 7:00 PM Rabii Volleyball Area ..	Fit-Basketball 7:00 PM Jean Volleyball Area ..	Fit-Basketball 7:00 PM Jean Volleyball Area ..	Fit-Basketball 7:00 PM Rabii Volleyball Area ..
Fit-Futsal 8:00 PM Sipho MPH 2 ..	Fit-Futsal 8:00 PM Marian MPH 2 ..	Fit-Futsal 8:00 PM Ivan MPH 2 ..	Fit-Futsal 8:00 PM Ivan MPH 2 ..	Fit-Futsal 8:00 PM Rabii MPH 2 ..	Fit-Futsal 8:00 PM Jean MPH 2 ..

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Group Fitness 8:00 PM Ivan/Rabii Conditioning **	X-Fit 8:00 PM Ivan/Sipho Multifunction **	Extreme Tabata 8:00 PM Marian/Rabii Multifunction **	Cardio Step 8:00 PM Rabii Multifunction **	Core Workout 8:00 PM Jean/Sipho Multifunction **	Cardio Workout 8:00 PM Ivan/Rabii Conditioning **
Fit-Volleyball 8:00 PM Marian Volleyball Area **	Fit-Basketball 8:00 PM Rabii Volleyball Area **	Fit-Volleyball 8:00 PM Sipho Volleyball Area **	Fit-Volleyball 8:00 PM Marian Volleyball Area **	Fit-Volleyball 8:00 PM Marian Volleyball Area **	Fit-Volleyball 8:00 PM Sipho Volleyball Area **
Fit-Futsal 9:00 PM Jean MPH 2 **	Fit-Futsal 9:00 PM Rabii MPH 2 **	Fit-Futsal 9:00 PM Jean MPH 2 **	Fit-Futsal 9:00 PM Jean MPH 2 **	Fit-Futsal 9:00 PM Marian MPH 2 **	Fit-Futsal 9:00 PM Marian MPH 2 **