

# TEENAGE BOYS PROGRAM

July 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fitgames (9-12) 5:00 PM Ivan / Sipho Volleyball Area ..	Boxing (13-15) 5:00 PM Ivan / Sipho Boxing / TRX ..	Boxing (9-12) 5:00 PM Ivan / Sipho Boxing / TRX ..	Teens Into Strength (13-15) 5:00 PM Ivan / Sipho Teen Gym ..	Fitgames (13-15) 5:00 PM Ivan / Sipho Volleyball Area ..	Teens Into Strength (9-12) 5:00 PM Ivan / Sipho Teen Gym ..
Aqua Fitgames (13-15) 6:00 PM Ivan / Sipho Swimming Pool ..	Swim Fit (9-12) 6:00 PM Ivan / Sipho Swimming Pool ..	Swim Test 6:00 PM Alex Swimming Pool ..	Swim Fit (9-12) 6:00 PM Ivan / Sipho Swimming Pool ..	Aqua Fitgames (9-12) 6:00 PM Sipho Swimming Pool ..	Swim Fit (13-15) 6:00 PM Ivan / Sipho Swimming Pool ..
		Swim Fit (13-15) 6:00 PM Ivan / Sipho Swimming Pool ..			