

TEENAGE GIRLS PROGRAM

July 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 / 15 Spin (12 - 14 years) 4:00 PM Naome / Liza Spinning Studio	Abdominal Workout (12 - 14 years) 4:00 PM Liza / Naome Active Hall	Legs, Bums & Tums (12 - 14 years) 4:00 PM Liza / Naome FS7	Body Shape (15 - 17 years) 4:00 PM Liza / Naome FS7	Ball Skills (15 - 17 years) 4:00 PM Katerina / Naome Active Hall	Zumba (12 - 17 years) 4:00 PM Maria Rysai FS3
Abdominal Workout (15 - 17 years) 5:00 PM Naome FS3	Boot Camp (9 - 11 years) 5:00 PM Alma / Naome Active Hall	3 / 15 Spin (15 - 17 years) 5:00 PM Naome / Katerina Spinning Studio	Fun Games (9 - 11 years) 5:00 PM Alma / Naome Active Hall	Ball Skills (12 - 14 years) 5:00 PM Alma / Naome Active Hall	Ball Skills (9 - 11 years) 5:00 PM Alma / Naome Active Hall
Swimming (15 - 17 years) 6:00 PM Naome Swimming Pool	Fun Games (15 - 17 years) 6:00 PM Naome Active Hall		Swimming (12 - 14 years) 6:00 PM Naome Swimming Pool		