

MEN'S FITNESS PROGRAM

Afternoon Session

August 2018

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

Evening Session

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

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