

# TEENAGE BOYS PROGRAM

August 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Active Skill Challenge (9-12) 5:00 PM Ivan / Sipho Volleyball Area ..	Group Fitness (13-15) 4:00 PM Ivan / Sipho Conditioning Area ..	Group Fitness (9-12) 4:00 PM Ivan / Sipho Conditioning Area ..	X-Fit Teens (13-15) 4:00 PM Ivan / Sipho Multifunction Area ..	Fun-fit (9-12) 4:00 PM Ivan / Sipho Conditioning Area ..	Active Skill Challenge (13-15) 5:00 PM Ivan / Sipho Volleyball Area ..
Fitgames (13-15) 6:00 PM Ivan / Sipho Volleyball Area ..	Spinning (9-12) 5:00 PM Ivan / Sipho Spinning Studio ..	Teen Tabata (13-15) 5:00 PM Ivan / Sipho Multifunction Area ..	Obstacle Games (9-12) 5:00 PM Ivan / Sipho Boxing / TRX ..	Spinning (13-15) 5:00 PM Ivan / Sipho Spinning Studio ..	Fitgames (9-12) 6:00 PM Ivan / Sipho Volleyball Area ..
	Swim Fit (9-12) 6:00 PM Ivan / Sipho Swimming Pool ..	Swim Test 6:00 PM Alex Swimming Pool ..	Aqua Fitgames (9-12) 6:00 PM Ivan / Sipho Swimming Pool ..	Aqua Fitgames (13-15) 6:00 PM Ivan / Sipho Swimming Pool ..	
		Swim Fit (13-15) 6:00 PM Ivan / Sipho Swimming Pool ..			