

TEENAGE GIRLS PROGRAM

August 2018

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