

TEENAGE BOYS PROGRAM

01 - 14 October 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Active Skill Challenge (9 - 12) 5:00 PM Sipho Volleyball Area ••	Rowing (13 - 15) 4:00 PM Sipho Rowing / SkiFit ••	TeenRX (9 - 12) 4:00 PM Sipho Boxing / TRX ••	X - Fit Teens (13 - 15) 4:00 PM Sipho Multifunction Area ••	Fun - Fit (9 - 12) 4:00 PM Sipho Conditioning Area ••	Active Skill Challenge (13 - 15) 5:00 PM Sipho Volleyball Area ••
Fitgames (13-15) 6:00 PM Sipho Volleyball Area ••	Boxing (9 - 12) 5:00 PM Sipho Boxing / TRX ••	Boxing (13 - 15) 5:00 PM Sipho Boxing / TRX ••	Rowing (9 - 12) 5:00 PM Sipho Rowing / SkiFit ••	TeenRX (13 - 15) 5:00 PM Sipho Boxing / TRX ••	Fitgames (9 - 12) 6:00 PM Sipho Volleyball Area ••
	Swim Fit (9- 12) 6:00 PM Alex / Sipho Swimming Pool ••	Swim Test (All) 6:00 PM Alex Swimming Pool ••	Aqua Fitgames (9-12) 6:00 PM Alex / Sipho Swimming Pool ••	Aqua Fitgames (13- 15) 6:00 PM Alex / Sipho Swimming Pool ••	
		Swim Fit (13 - 15) 6:00 PM Sipho Swimming Pool ••			

• low intensity

•• medium intensity

••• high intensity