

TEENAGE GIRLS PROGRAM

December 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Zumba (12 - 17 years) 3:00 PM Liza / Naome / Susanne Active Hall ..	Boot Camp (9 - 11 years) 4:00 PM Naome / Susanne FS3 ..	Spinning (12 - 14 years) 4:00 PM Naome / Paula Spinning Studio ..	Circuit Training (12 - 14 years) 4:00 PM Naome / Susanne FS7 ..	Abdominal Workout (12 - 14 years) 4:00 PM Naome / Susanne FS7 ..	Spinning (15 - 17 years) 4:00 PM Naome Spinning Studio ..
Abdominal Workout (15 - 17 years) 4:00 PM Susanne FS3 ..	Fun Combo (12 - 14 years) 5:00 PM Naome / Susanne Active Hall ..	Fun Combo (15 - 17 years) 5:00 PM Naome / Susanne Active Hall ..	Fun-Fitness Challenge (9 - 11 years) 5:00 PM Naome / Susanne Active Hall ..	Interval Workout (15 - 17 years) 5:00 PM Naome / Susanne Active Hall ..	Fun Combo (9 - 11 years) 4:00 PM Paula / Susanne Active Hall ..
Interval Workout (12 - 14 years) 4:00 PM Naome Active Hall ..	Abdominal Workout (15 - 17 years) 6:00 PM Susanne FS3 ..		Circuit Training (15 - 17 years) 6:00 PM Naome / Susanne Active Hall ..		HIP HOP (12 - 17 years) 5:00 PM Liza Active Hall ..

• low intensity

•• medium intensity

••• high intensity