

# TEENAGE GIRLS PROGRAM

November 2018

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

● low intensity

●● medium intensity

●●● high intensity