









MEN'S FITNESS PROGRAM

Afternoon Session

January 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rowing 3:00 PM Jean Rowing / SkiFit ..	Medball 3:00 PM Kurt Conditioning ..	Open Class / 14 Jan Cardio Zone 3:00 PM Rabii Conditioning ..	Rowing 3:00 PM Rabii Rowing / SkiFit ..	X-Fit 3:00 PM Marian Multifunction ..	Fitness Zone 3:00 PM Kurt Conditioning ..

Evening Session

Spinning 4:00 PM Marian Spinning Studio ...	Cardio Step 4:00 PM Rabii Multifunction ..	Open Class / 28 Jan X-Fit 4:00 PM Jean Multifunction ..	Cardio Zone 4:00 PM Kurt Conditioning ..	Core Workout 4:00 PM Kurt Multifunction ..	X-Fit 4:00 PM Jean Multifunction ..
Medball 5:00 PM Rabii Conditioning ..	Cardio Zone 5:00 PM Jean Conditioning ..	Fitness Zone 5:00 PM Marian Conditioning ..	Medball 5:00 PM Marian Conditioning ..	LesMills Body Combat  5:00 PM Rabii Multifunction ..	Core Workout 5:00 PM Marian Multifunction ..
T.R.Extreme 5:00 PM Jean Boxing / TRX ..	LesMills Body Pump  5:00 PM Marian Multifunction ..	Spinning 5:00 PM Kurt Spinning Studio ...	Extreme Tabata 5:00 PM Rabii Multifunction ..	Rowing 5:00 PM Kurt Rowing / Ski Fit ..	Spinning 5:00 PM Kurt Spinning Studio ...
LesMills Body Combat  6:00 PM Kurt Multifunction ..	Fitness Zone 6:00 PM Rabii Conditioning ..	LesMills Body Pump  6:00 PM Rabii Multifunction ..	Core Workout 6:00 PM Kurt Multifunction ..	Strength Zone 6:00 PM Jean Conditioning ...	LesMills Body Pump  6:00 PM Rabii Multifunction ..
Kettlebell Workout 6:00 PM Marian Boxing / TRX ..	LesMills GRIT - Strength  6:00 PM Jean Multifunction ...	Kettlebell Workout 6:00 PM Jean Boxing / TRX ...	Spinning 6:00 PM Jean Spinning Studio ...	Fartlek 6:00 PM Rabii Volleyball Area ..	Kettlebell Workout 6:00 PM Jean Boxing / TRX ...
Strength Zone 7:00 PM Jean Conditioning ...	T.R.Extreme 7:00 PM Marian Boxing / TRX ..	Power Zone 7:00 PM Kurt Conditioning ..	LesMills Body Pump  7:00 PM Marian Multifunction ..	Fitness Zone 7:00 PM Marian Conditioning ..	Power Zone 7:00 PM Kurt Conditioning ...
Extreme Tabata 7:00 PM Rabii Multifunction ..	Spinning 7:00 PM Hamza Spinning Studio ...	Core Workout 7:00 PM Marian Multifunction ..	Boxing Fitness 7:00 PM Hamza Boxing / TRX ...	LesMills Grit - Plyo  7:00 PM Jean Multifunction ...	Boxing Fitness 7:00 PM Hamza Boxing / TRX ...
Fit-Basketball 7:00 PM Kurt Volleyball Area ..	Fit-Volleyball 7:00 PM Rabii Volleyball Area ..	Fit-Basketball 7:00 PM Hamza Volleyball Area ..	Fit-Volleyball 7:00 PM Jean Volleyball Area ..	Fit-Basketball 7:00 PM Kurt Volleyball Area ..	Fit-Basketball 7:00 PM Marian Volleyball Area ..
Fit-Futsal 8:00 PM Rabii MPH 2 ..	Fit-Futsal 8:00 PM Hamza MPH 2 ..	Fit-Futsal 8:00 PM Rabii MPH 2 ..	Fit-Futsal 8:00 PM Hamza MPH 2 ..	Fit-Futsal 8:00 PM Jean MPH 2 ..	Fit-Futsal 8:00 PM Jean MPH 2 ..

• low intensity

•• medium intensity

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fitness Zone 8:00 PM Marian Conditioning ..	X-Fit 8:00 PM Kurt Multifunction ..	Extreme Tabata 8:00 PM Hamza Multifunction ..	Fitness Zone 8:00 PM Jean Conditioning ..	Spinning 8:00 PM Hamza Spinning Studio ...	Cardio Zone 8:00 PM Marian Conditioning ..
Fit Futsal 8:00 PM Kurt MPH1 ..	Fit Basketball 8:00 PM Marian Volleyball Area ..	Fit-Volleyball 8:00 PM Kurt Volleyball Area ..	Fit-Basketball 8:00 PM Marian Volleyball Area ..	Fit-Volleyball 8:00 PM Rabii Volleyball Area ..	Fit-Futsal 8:00 PM Rabii MPH1 ..
Fit-Futsal 9:00 PM Hamza MPH 2 ..	Fit-Futsal 9:00 PM Jean MPH 2 ..	Fit-Futsal 9:00 PM Jean MPH 2 ..	Fit-Futsal 9:00 PM Kurt MPH 2 ..	Fit-Futsal 9:00 PM Hamza MPH 2 ..	Fit-Futsal 9:00 PM Rabii MPH 2 ..
	Fit-Futsal 9:00 PM Kurt MPH 1 ..	Fit-Futsal 9:00 PM Marian MPH 1 ..	Fit-Futsal 9:00 PM Rabii MPH 1 ..	Fit-Futsal 9:00 PM Marian MPH 1 ..	