

TEENAGE BOYS PROGRAM

January 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Active Skill Challenge (9 - 12 years) 5:00 PM Hamza Volleyball Area ..	Group Fitness (13 - 15 years) 4:00 PM Alex Conditioning Area ..	TeenRX (9 - 12 years) 4:00 PM Alex Boxing / TRX ..	X - Fit Teens (13 - 15 years) 4:00 PM Hamza Multifunction Area ..	Fun - Fit (9 - 12 years) 4:00 PM Hamza Conditioning Area ..	Active Skill Challenge (13 -15 years) 5:00 PM Hamza Volleyball Area ..
Fitgames (13-15 years) 6:00 PM Hamza Volleyball Area ..	Boxing (9 - 12 years) 5:00 PM Hamza Boxing / TRX ..	Boxing (13 - 15 years) 5:00 PM Hamza Boxing / TRX ..	Rowing (9 - 12 years) 5:00 PM Alex Rowing / SkiFit ..	TeenRX (13 - 15 years) 5:00 PM Alex Boxing / TRX ..	Fitgames (9 - 12 years) 6:00 PM Hamza Volleyball Area ..
	Swim Fit (9- 12 years) 6:00 PM Maricel / Alex Swimming Pool ..	Swim Fit (13 - 15 years) 6:00 PM Suman / Alex Swimming Pool ..	Aqua Fitgames (9-12 years) 6:00 PM Anna / Alex Swimming Pool ..	Aqua Fitgames (13- 15 years) 6:00 PM Maricel / Alex Swimming Pool ..	

• low intensity

•• medium intensity

••• high intensity