

TEENAGE GIRLS PROGRAM

12 - 18 January 2019

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

• low intensity

•• medium intensity

••• high intensity