









# MEN'S FITNESS PROGRAM

Afternoon Session

February 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>X-Fit</b> 3:00 PM Jean Multifunction ..	<b>Medball</b> 3:00 PM Kurt Conditioning ..	<b>Extreme Tabata</b> 3:00 PM Hamza Multifunction ..	<b>X-Fit</b> 3:00 PM Rabii Multifunction ..	<b>Cardio Zone</b> 3:00 PM Marian Conditioning ..	<b>Fitness Zone</b> 3:00 PM Kurt Conditioning ..

## Evening Session

<b>Spinning</b> 4:00 PM Marian Spinning Studio ...	Open Class / 10 Feb <b>Cardio Step</b> 4:00 PM Rabii Multifunction ..	<b>Fitness Zone</b> 4:00 PM Jean Conditioning ..	<b>Cardio Zone</b> 4:00 PM Kurt Conditioning ..	<b>Core Workout</b> 4:00 PM Kurt Multifunction ..	<b>X-Fit</b> 4:00 PM Jean Multifunction ..
<b>Medball</b> 5:00 PM Rabii Conditioning ..	<b>Fitness Zone</b> 5:00 PM Jean Conditioning ..	<b>Medball</b> 5:00 PM Marian Conditioning ..	<b>Medball</b> 5:00 PM Marian Conditioning ..	<b>LesMills Body Combat</b>  5:00 PM Rabii Multifunction ..	Open Class / 28 Feb <b>Core Workout</b> 5:00 PM Marian Multifunction ..
<b>T.R.Extreme</b> 5:00 PM Jean Boxing / TRX ..	<b>LesMills Body Pump</b>  5:00 PM Marian Multifunction ..	<b>Spinning</b> 5:00 PM Kurt Spinning Studio ...	<b>Extreme Tabata</b> 5:00 PM Rabii Multifunction ..	<b>Rowing</b> 5:00 PM Kurt Rowing / Ski Fit ..	<b>Spinning</b> 5:00 PM Kurt Spinning Studio ...
<b>LesMills Body Combat</b>  6:00 PM Kurt Multifunction ..	<b>LesMills GRIT - Strength</b>  STRENGTH 6:00 PM Jean Multifunction ...	<b>LesMills Body Pump</b>  6:00 PM Rabii Multifunction ..	<b>Core Workout</b> 6:00 PM Kurt Multifunction ..	<b>Strength Zone</b> 6:00 PM Jean Conditioning ...	<b>LesMills Body Pump</b>  6:00 PM Rabii Multifunction ..
<b>Kettlebell Workout</b> 6:00 PM Marian Boxing / TRX ..	<b>Fartlek</b> 6:00 PM Rabii Volleyball Area ..	<b>Kettlebell Workout</b> 6:00 PM Jean Boxing / TRX ...	<b>Spinning</b> 6:00 PM Jean Spinning Studio ...	<b>Fartlek</b> 6:00 PM Rabii Volleyball Area ..	<b>Kettlebell Workout</b> 6:00 PM Jean Boxing / TRX ..
<b>Strength Zone</b> 7:00 PM Jean Conditioning ...	<b>T.R.Extreme</b> 7:00 PM Marian Boxing / TRX ..	<b>Power Zone</b> 7:00 PM Kurt Conditioning ..	<b>LesMills Body Pump</b>  7:00 PM Marian Multifunction ..	<b>Fitness Zone</b> 7:00 PM Marian Conditioning ..	<b>Power Zone</b> 7:00 PM Kurt Conditioning ...
<b>Extreme Tabata</b> 7:00 PM Rabii Multifunction ..	<b>Spinning</b> 7:00 PM Hamza Spinning Studio ...	<b>Core Workout</b> 7:00 PM Marian Multifunction ..	<b>Boxing Fitness</b> 7:00 PM Hamza Boxing / TRX ...	<b>LesMills Grit - Plyo</b>  PLYO 7:00 PM Jean Multifunction ...	<b>Boxing Fitness</b> 7:00 PM Hamza Boxing / TRX ...
<b>Fit-Basketball</b> 7:00 PM Kurt Volleyball Area ..	<b>Fit-Volleyball</b> 7:00 PM Rabii Volleyball Area ..	<b>Fit-Basketball</b> 7:00 PM Rabii Volleyball Area ..	<b>Fit-Volleyball</b> 7:00 PM Jean Volleyball Area ..	<b>Fit-Basketball</b> 7:00 PM Kurt Volleyball Area ..	<b>Fit-Basketball</b> 7:00 PM Marian Volleyball Area ..
<b>Fit-Futsal</b> 8:00 PM Rabii MPH 2 ..	<b>Fit-Futsal</b> 8:00 PM Hamza MPH 2 ..	<b>Fit-Futsal</b> 8:00 PM Rabii MPH 2 ..	<b>Fit-Futsal</b> 8:00 PM Hamza MPH 2 ..	<b>Fit-Futsal</b> 8:00 PM Jean MPH 2 ..	<b>Fit-Futsal</b> 8:00 PM Jean MPH 2 ..

• low intensity

•• medium intensity

••• high intensity

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