

TEENAGE BOYS PROGRAM

March 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 ••	Teen Tabata (9 - 12 years) 4:00 PM Alex Multifunction ••	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 ••	Kick Boxing (9 - 12 years) 5:00 PM Hamza Boxing / TRX ••	Kick Boxing (13 - 15 years) 5:00 PM Hamza Boxing / TRX ••	Spinning (9 - 12 years) 5:00 PM Alex Dome Spinning Area ••	Teens Into Strength (13 - 15 years) 5:00 PM Alex Teen Gym ••	Fitgames (9 - 12 years) 6:00 PM Hamza Volleyball Area ••
	Swim Fit (9- 12 years) 6:00 PM Alex / Suman Swimming Pool ••	Swim Fit (13 - 15 years) 6:00 PM Alex /Maricel Swimming Pool ••	Aqua Fitgames (9-12 years) 6:00 PM Alex / Elena Swimming Pool ••	Aqua Fitgames (13- 15 years) 6:00 PM Alex / Suman Swimming Pool ••	

• low intensity

•• medium intensity

••• high intensity