

# TEENAGE BOYS PROGRAM

April 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Relay Race</b> (9 - 12 years) 5:00 PM Hamza Volleyball Area ..	<b>Group Fitness</b> (13 - 15 years) 4:00 PM Alex Conditioning Area ..	<b>Teen Tabata</b> (9 - 12 years) 4:00 PM Alex Multifunction ..	<b>X - Fit Teens</b> (13 - 15 years) 4:00 PM Hamza Multifunction Area ..	<b>Fun - Fit</b> (9 - 12 years) 4:00 PM Hamza Conditioning Area ..	<b>Relay Race</b> (13 - 15 years) 5:00 PM Hamza Volleyball Area ..
<b>Fitgames</b> (13 - 15 years) 6:00 PM Hamza Volleyball Area ..	<b>Kick Boxing</b> (9 - 12 years) 5:00 PM Hamza Boxing / TRX ..	<b>Kick Boxing</b> (13 - 15 years) 5:00 PM Hamza Boxing / TRX ..	<b>X - Fit Teens</b> (9 - 12 years) 5:00 PM Alex Multifunction Area ..	<b>Teens Into Strength</b> (13 - 15 years) 5:00 PM Alex Teen Gym ..	<b>Fitgames</b> (9 - 12 years) 6:00 PM Hamza Volleyball Area ..
	<b>Swim Fit</b> (9 - 12 years) 6:00 PM Alex / Suman Swimming Pool ..	<b>Swim Fit</b> (13 - 15 years) 6:00 PM Alex / Maricel Swimming Pool ..	<b>Aqua Fitgames</b> (9 - 12 years) 6:00 PM Alex / Elena Swimming Pool ..	<b>Aqua Fitgames</b> (13 - 15 years) 6:00 PM Alex / Suman Swimming Pool ..	

• low intensity

•• medium intensity

••• high intensity