

MEN'S FITNESS PROGRAM

Evening Session

12 - 19 May 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
X-Fit 4:00 PM Hamza Multifunction ••	Medball 4:00 PM Rabii Conditioning ••	Cardio Zone 4:00 PM Hamza Conditioning ••	Extreme Tabata 4:00 PM Jean Multifunction ••	Core Workout 4:00 PM Marian Multifunction ••	Fitness Zone 4:00 PM Rabii Conditioning ••
Rowing 5:00 PM Hamza Boxing / TRX ••	Core Workout 5:00 PM Rabii Multifunction ••	X-Fit 5:00 PM Hamza Multifunction ••	Fitness Zone 5:00 PM Jean Conditioning ••	Medball 5:00 PM Marian Conditioning ••	Cardio Zone 5:00 PM Rabii Conditioning ••
Medball 8:00 PM Jean Conditioning ••	Cardio Zone 8:00 PM Rabii Conditioning ••	Spinning 8:00 PM Hamza Spinning Studio •••	X - Fit 8:00 PM Marian Multifunction ••	Fitness Zone 8:00 PM Marian Conditioning ••	Core Workout 8:00 PM Rabii Multifunction ••
Cardio Zone 9:00 PM Jean Conditioning ••	LesMills Body Pump <small>LES MILLS BODY PUMP™</small> 9:00 PM Hamza Multifunction ••	Power Zone 9:00 PM Jean Conditioning ••	Strength Zone 9:00 PM Jean Conditioning •••	LesMills Body Combat <small>LES MILLS BODYCOMBAT™</small> 9:00 PM Rabii Multifunction ••	Boxing Fitness 9:00 PM Hamza Boxing / TRX •••
Roll & Stretch 9:00 PM Rabii Multifunction •	Rowing 9:00 PM Jean Boxing / TRX ••	Kettlebell Workout 9:00 PM Marian Boxing / TRX ••	Cardio Step 9:00 PM Rabii Multifunction ••	Kettlebell Workout 9:00 PM Jean Boxing / TRX ••	Spinning 9:00 PM Jean Spinning Studio •••
Strength Zone 10:00 PM Marian Conditioning •••	T.R.Extreme 10:00 PM Marian Boxing / TRX ••	Fitness Zone 10:00 PM Rabii Conditioning ••	Cardio Zone 10:00 PM Marian Conditioning ••	Fitness Zone 10:00 PM Hamza Conditioning ••	Medball 10:00 PM Hamza Conditioning ••
LesMills Body Combat <small>LES MILLS BODYCOMBAT™</small> 10:00 PM Rabii Multifunction ••	Spinning 10:00 PM Jean Spinning Studio •••	LesMills Body Pump <small>LES MILLS BODY PUMP™</small> 10:00 PM Marian Multifunction ••	Core Workout 10:00 PM Hamza Multifunction ••	LesMills GRIT - Strength <small>LES MILLS GRIT STRENGTH</small> 10:00 PM Jean Multifunction •••	LesMills Body Pump <small>LES MILLS BODY PUMP™</small> 10:00 PM Marian Multifunction ••
Fitness Zone 11:00 PM Jean Conditioning ••	Fitness Zone 11:00 PM Marian Conditioning ••	Core Workout 11:00 PM Jean Multifunction ••	Fitness Zone 11:00 PM Rabii Conditioning ••	Roll & Stretch 11:00 PM Rabii Multifunction •	Cardio Zone 11:00 PM Jean Conditioning ••
Rowing 11:00 PM Marian Boxing / TRX ••	Boxing Fitness 11:00 PM Hamza Boxing / TRX •••	Ski-Fit 11:00 PM Rabii Rowing / Skifit ••	LesMills Body Pump <small>LES MILLS BODY PUMP™</small> 11:00 PM Hamza Multifunction ••	Spinning 11:00 PM Hamza Spinning Studio •••	T.R.Extreme 11:00 PM Marian Boxing / TRX ••

• low intensity

•• medium intensity

••• high intensity

Aspire Active Timetables are subject to change.

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Midnight Session

Fit-Futsal 12:00 AM Rabii MPH 2 ..	Fit-Futsal 12:00 AM Marian MPH 2 ..	Fit-Futsal 12:00 AM Jean MPH 2 ..	Fit-Futsal 12:00 AM Hamza MPH 2 ..	Fit-Futsal 12:00 AM Rabii MPH 2 ..	Fit-Futsal 12:00 AM Hamza MPH 2 ..
Fit-Volleybal 12:00 AM Jean Volleyball Area ..	Fit-Basketball 12:00 AM Hamza Volleyball Area ..	Fit-Volleyball 12:00 AM Rabii Volleyball Area ..	Fit-Basketball 12:00 AM Rabii Volleyball Area ..	Fit-Volleyball 12:00 AM Hamza Volleyball Area ..	Fit-Basketball 12:00 AM Marian Volleyball Area ..

• low intensity

•• medium intensity

••• high intensity

Aspire Active Timetables are subject to change.