

# TEENAGE BOYS PROGRAM

12 - 19 May 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Rowing</b> (13 - 15 years) 8:00 PM Marian Boxing / TRX ••	<b>Rowing</b> ( 9 - 12 years) 8:00 PM Alex Boxing / TRX ••	<b>X - Fit Teens</b> (13 - 15 years) 8:00 PM Alex Multifunction Area ••	<b>Fun Fit</b> ( 9 - 12 years) 8:00 PM Alex Conditioning Area ••	<b>Boxing</b> (13 - 15 years) 8:00 PM Alex Boxing / TRX ••	<b>TeenRX</b> ( 9 - 12 years) 8:00 PM Alex Boxing / TRX ••
<b>Boxing</b> ( 9 - 12 years) 9:00 PM Hamza Boxing / TRX ••	<b>Group Fitness</b> (13 - 15 years) 9:00 PM Alex Conditioning Area ••	<b>Teen Tabata</b> ( 9 - 12 years) 9:00 PM Alex Multifunction Area ••	<b>TeenRX</b> (13 - 15 years) 9:00 PM Alex Boxing / TRX ••	<b>Spinning</b> ( 9 - 12 years) 9:00 PM Alex Dome Spinning Studio ••	<b>Teens Into Strength</b> (13 - 15 years) 9:00 PM Alex Teen Gym ••

• low intensity

•• medium intensity

••• high intensity

Aspire Active Timetables are subject to change.