

# TEENAGE GIRLS PROGRAM

Ramadan 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Fun Combo</b> (9 - 11 years) 4:00 PM Naome / Susanne Active Hall ..	<b>Boot Camp</b> (9 - 11 years) 4:00 PM Naome / Susanne FS3 ..	<b>Spinning</b> (12 - 14 years) 9:00 PM Naome / Susanne Spinning Studio ..	<b>Fun Games</b> (9 - 11 years) 4:00 PM Naome / Susanne FS3 ..	<b>Fun Combo</b> (12 - 17 years) 9:00 PM Naome / Susanne Active Hall ..	<b>Boot Camp</b> (9 - 11 years) 4:00 PM Naome / Susanne FS3 ..
<b>3 / 15 Spin</b> (12 - 17 years) 9:00 PM Naome / Susanne Spinning Studio ..	<b>Our Health Matters</b> (9 - 17 years) 8:30 PM Hala / NemeH FS6 ..	<b>Ball Skills</b> (12 - 17 years) 10:00 PM Naome / Susanne Active Hall ..	<b>Step 1</b> (12 - 14 years) 9:00 PM Naome / Susanne FS3 ..	<b>Circuit Training</b> (15 - 17 years) 10:00 PM Naome / Susanne Active Hall ..	<b>Step 1</b> (15 - 17 years) 9:00 PM Naome / Susanne FS3 ..
<b>Abdominal Workout</b> (12 - 14 years) 10:00 PM Naome / Susanne Active Hall ..	<b>Ball Skills</b> (12 - 14 years) 9:00 PM Naome / Susanne Active Hall ..		<b>Abdominal Workout</b> (15 - 17 years) 10:00 PM Naome / Susanne FS3 ..		<b>Circuit Training</b> (12 - 17 years) 10:00 PM Naome / Susanne Active Hall ..
	<b>Boot Camp</b> (12 - 17 years) 10:00 PM Naome / Susanne Active Hall ..				

• low intensity

•• medium intensity

Aspire Active Timetables are subject to change.

••• high intensity