

WOMEN'S FITNESS PROGRAM

Morning Session

12 - 23 May 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Body Shape 9:00 AM Adrienn FS1 ..	Les Mills Body Combat 9:00 AM Olena / Paula FS1 ...	Tabata 9:00 AM Daniela FS1 ...	Body Shape 9:00 AM Olena FS1 ..	RIPPED 9:00 AM Beata / Paula FS1 ..	Body Shape 9:00 AM Adrienn FS1 ..
Bodyweight Workout 9:00 AM Olena FS2 ..	Body Shape 9:00 AM Anna FS2 ..	Legs, Bums & Tums 9:00 AM Olena FS2 ..	TRX 9:00 AM Jovana TRX Studio ...	Legs, Bums & Tums 9:00 AM Maria Rysai FS2 ..	Bodyweight Workout 9:00 AM Jovana FS2 ..
Legs, Bums & Tums 10:00 AM Adrienn FS1 ..	Spinning 9:00 AM Nisha Spinning Studio ..	Pilates 9:00 AM Maria Rysai FS7 ..	Spinning 9:00 AM Nisha Spinning Studio ..	Spinning 9:00 AM Monica Spinning Studio ..	Yoga 9:00 AM Nisha FS7 ..
Abdominal Workout 10:00 AM Olena FS2 ..	Legs, Bums & Tums 10:00 AM Anna FS1 ..	Abdominal Workout 10:00 AM Olena FS1 ..	Fartlek 9:00 AM Inna Active Hall ...	Bodyweight Workout 10:00 AM Maria Rysai FS1 ..	Abdominal Workout 10:00 AM Adrienn / Anna FS1 ..
Pilates 11:00 AM Maria Rysai / Olena FS7 ..	Les Mills Body Pump <small>LES MILLS BODYPUMP®</small> 10:00 AM Daniela / Olena FS2 ...	Bodyweight Workout 10:00 AM Anna FS2 ..	Abdominal Workout 10:00 AM Adrienn FS1 ..	TRX 10:00 AM Monica TRX Studio ...	Les Mills Body Pump <small>LES MILLS BODYPUMP®</small> 10:00 AM Olena / Paula FS2 ...
	Yoga 10:00 AM Nisha FS7 ..	Spinning 10:00 AM Daniela Spinning Studio ..	Les Mills Body Pump <small>LES MILLS BODYPUMP®</small> 10:00 AM Olena / Paula FS2 ...	Pilates 10:00 AM Paula FS7 ..	Abdominal Workout 11:00 AM Anna / Olena FS1 ..
	Abdominal Workout 11:00 AM Daniela FS1 ..	Body Shape 11:00 AM Anna FS1 ..	Yoga 10:00 AM Nisha FS7 ..	Body Shape 11:00 AM Anna FS1 ..	
			Legs, Bums & Tums 11:00 AM Jovana FS1 ..		

Afternoon Session

Body Shape 3:30 PM Melisa FS1 ..	Body Shape 3:30 PM Adrienn FS1 ..	Tabata 3:30 PM Anna / Olena FS1 ...	Body Shape 3:30 PM Anna FS1 ..	Body Shape 3:30 PM Jovana FS1 ..	Tabata 3:30 PM Anna FS1 ...
Bodyweight Workout 3:30 PM Maria Rysai FS2 ..	Legs, Bums & Tums 3:30 PM Jovana FS2 ..	Legs, Bums & Tums 3:30 PM Melisa FS2 ..	3 / 15 Workout 3:30 PM Maria Rysai FS2 ..	Bodyweight Workout 3:30 PM Olena FS2 ..	Legs, Bums & Tums 3:30 PM Melisa FS2 ..
	Pilates 3:30 PM Melisa FS7 ..	Yoga 3:30 PM Nisha FS7 ..	Abdominal Workout 3:30 PM Melisa FS7 ..	Abdominal Workout 3:30 PM Melisa FS7 ..	

Evening Session

3 / 15 Workout 8:00 PM Anna FS1 ..	Legs, Bums & Tums 8:00 PM Elma FS1 ..	Body Shape 8:00 PM Melisa FS1 ..	Body Shape 8:00 PM Olena FS1 ..	Body Shape 8:00 PM Elma FS1 ..	Body Shape 8:00 PM Elma / Maria Rysai FS1 ..
Body Shape 8:00 PM Melisa/ Elma FS2 ..	Bodyweight Workout 8:00 PM Maria Rysai FS2 ..	Les Mills Body Pump <small>LES MILLS BODYPUMP®</small> 8:00 PM Adrienn / Elma FS2 ...	Spinning 8:00 PM Daniela Spinning Studio ..	Spinning 8:00 PM Melisa Spinning Studio ..	Spinning 8:00 PM Daniela Spinning Studio ..

• low intensity

•• medium intensity

••• high intensity

Aspire Active Timetables are subject to change.

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Tabata 9:00 PM Daniela / Anna FS1 ...	RIPPED 9:00 PM Olena FS1 ..	Les Mills Body Combat  9:00 PM Adrienn / Paula FS1 ...	Body Shape 9:00 PM Melisa FS1 ..	Les Mills Body Combat  9:00 PM Adrienn / Olena FS1 ...	Step Party 9:00 PM Olena FS1 ..
Legs, Bums & Tums 9:00 PM Jovana FS2 ..	Legs, Bums & Tums 9:00 PM Anna FS2 ..	Body Shape 9:00 PM Maria Rysai FS2 ..	Les Mills Grit - Strength  9:00 PM Adrienn FS2 ...	Legs, Bums & Tums 9:00 PM Jovana FS2 ..	Les Mills Grit - Strength  9:00 PM Jovana FS2 ...
Body Shape 10:00 PM Anna / Jovana FS1 ..	Aero Dance 9:00 PM Maria Rysai FS3 ..	Abdominal Workout 9:00 PM Jovana FS3 ..	Pilates 9:00 PM Elma FS7 ..	Abdominal Workout 9:00 PM Anna FS3 ..	Legs, Bums & Tums 9:00 PM Maria Rysai FS3 ..
Les Mills Body Pump  10:00 PM Daniela / Elma FS2 ...	Spinning 9:00 PM Melisa Spinning Studio ..	Fartlek WF 9:00 PM Inna Active Hall ...	Boot Camp 9:00 PM Anna Active Hall ..	Pilates 9:00 PM Elma FS7 ..	Abdominal Workout 10:00 PM Daniela FS1 ..
Pilates 11:00 PM Elma FS7 ..	Tabata 10:00 PM Adrienn FS1 ...	Body Shape 10:00 PM Inna FS1 ..	3 / 15 Workout 10:00 PM Daniela FS1 ..	Tabata 10:00 PM Daniela FS1 ...	Bodyweight Workout 10:00 PM Elma FS2 ..
	Body Shape 10:00 PM Elma FS2 ..	Bodyweight Workout 10:00 PM Jovana FS2 ..	Abdominal Workout 10:00 PM Anna FS2 ..	Les Mills Body Pump  10:00 PM Adrienn / Olena FS2 ...	TRX 10:00 PM Melisa TRX Studio ...
	TRX 10:00 PM Jovana TRX Studio ...	Pilates 10:00 PM Elma FS7 ..	TRX 10:00 PM Maria Rysai TRX Studio ...	Body Shape 10:00 PM Anna FS3 ..	Pilates 11:00 PM Elma FS7 ..
	Pilates 11:00 PM Elma FS7 ..	Circuit Training 11:00 PM Elma FS1 ..	Abdominal Workout 11:00 PM Elma FS1 ..	Abdominal Workout 11:00 PM Elma / Daniela FS2 ..	

• low intensity

•• medium intensity

••• high intensity

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