

TEENAGE GIRLS PROGRAM

After Eid until 30 June 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Body Shape (12 - 14 years) 3:00 PM Naome / Susanne FS6 ..	Step 1 (12 - 17 years) 4:00 PM Naome / Susanne FS3 ..	3 / 15 Spin (12 - 14 years) 4:00 PM Naome / Susanne Spinning Studio ..	Circuit Training (12- 14 years) 4:00 PM Naome / Susanne FS3 ..	Abdominal Workout (12 - 14 years) 4:00 PM Susanne FS7 ..	Fun Combo (9 - 11 years) 3:00 PM Naome / Susanne FS6 ..
Boot Camp (9 -11 years) 4:00 PM Naome / Susanne Active Hall ..	Fun Games (9 - 11 years) 5:00 PM Naome / Susanne Active Hall ..	Boot Camp (9 -11 years) 5:00 PM Naome / Susanne Active Hall ..	Stretch & Tone (15 - 17 years) 5:00 PM Naome FS3 ..	Stretch & Tone (9 - 11 years) 4:00 PM Naome FS6 ..	3 / 15 Spin (15 - 17 years) 4:00 PM Naome / Susanne Spinning Studio ..
Fun Combo (15 - 17 years) 5:00 PM Naome / Susanne Active Hall ..	Circuit Training (15 - 17 years) 6:00 PM Naome / Susanne Active Hall ..	Fun Games (12 - 17 years) 6:00 PM Naome / Susanne Active Hall ..	Ball Skills (9 - 11 years) 5:00 PM Susanne Active Hall ..	Step 1 (12 - 17 years) 5:00 PM Susanne / Naome FS3 ..	Stretch & Tone (12 - 14 years) 5:00 PM Naome / Susanne Active Hall ..

• low intensity

•• medium intensity

••• high intensity

Aspire Active Timetables are subject to change.