

# WOMEN'S FITNESS PROGRAM

Morning Session

After Eid until 30 June 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Ripped Express</b> 7:15 AM Olena FS1 ..	<b>Early Fit</b> 7:15 AM Olena FS1 ..	<b>Early Fit</b> 7:15 AM Jovana FS1 ..	<b>Early Fit</b> 7:15 AM Xolani FS1 ..	<b>Early Spin</b> 7:15 AM Daniela Spinning Studio ..	<b>Early Fit</b> 7:15 AM Elma FS1 ..
<b>Tabata</b> 8:00 AM Jovana FS1 ..	<b>Tabata</b> 8:00 AM Daniela FS1 ..	<b>RIPPED</b> 8:00 AM Olena / Paula FS1 ..	<b>Les Mills Body Combat</b> <small>LES MILLS BODYCOMBAT</small> 8:00 AM Elma / Paula FS1 ..	<b>Strong by Zumba</b> 8:00 AM Beata / Paula FS1 ..	<b>Les Mills Body Combat</b> <small>LES MILLS BODYCOMBAT</small> 8:00 AM Olena / Xolani FS1 ..
<b>Body Shape</b> 9:00 AM Olena FS1 ..	<b>Legs, Bums &amp; Tums</b> 8:00 AM Elma FS2 ..	<b>Body Shape</b> 8:00 AM Xolani FS2 ..	<b>Legs, Bums &amp; Tums</b> 8:00 AM Olena FS2 ..	<b>Body Shape</b> 8:00 AM Xolani FS2 ..	<b>Body Shape</b> 8:00 AM Jovana FS2 ..
<b>Abdominal Workout</b> 10:00 AM Jovana FS1 ..	<b>Spinning</b> 8:00 AM Nisha Spinning Studio ..	<b>Fit Barre</b> 8:00 AM Elma FS7 ..	<b>Spinning</b> 8:00 AM Nisha Spinning Studio ..	<b>TRX</b> 8:00 AM Jovana TRX Studio ..	<b>Yoga - Sun Salutation</b> 8:00 AM Nisha FS7 ..
<b>Body Shape</b> 11:00 AM Xolani FS1 ..	<b>Fartlek WF</b> 8:00 AM Inna Active Hall ..	<b>Spinning</b> 8:00 AM Monica Spinning Studio ..	<b>Circuit Training</b> 8:00 AM Beata Active Hall ..	<b>Fartlek WF</b> 8:00 AM Monica Active Hall ..	<b>Zumba</b> 9:00 AM Elma FS1 ..
	<b>Les Mills Body Pump</b> <small>LES MILLS BODYPUMP</small> 9:00 AM Beata / Paula FS2 ..	<b>Legs, Bums &amp; Tums</b> 9:00 AM Susanne FS3 ..	<b>Zumba</b> 9:00 AM Daniela FS1 ..	<b>Legs, Bums &amp; Tums</b> 9:00 AM Olena / Susanne FS1 ..	<b>Les Mills Body Pump</b> <small>LES MILLS BODYPUMP</small> 9:00 AM Beata / Xolani FS2 ..
	<b>Abdominal Workout</b> 9:00 AM Olena / Elma FS3 ..	<b>TRX</b> 9:00 AM Monica TRX Studio ..	<b>Les Mills Body Pump</b> <small>LES MILLS BODYPUMP</small> 9:00 AM Olena FS2 ..	<b>Les Mills Grit - Strength</b> <small>LES MILLS GRIT STRENGTH</small> 9:00 AM Xolani FS2 ..	<b>Yoga</b> 9:00 AM Nisha FS7 ..
	<b>Yoga</b> 9:00 AM Nisha FS7 ..	<b>Pilates</b> 9:00 AM Elma FS7 ..	<b>Yoga</b> 9:00 AM Nisha FS7 ..	<b>Spinning</b> 9:00 AM Monica / Naome Spinning Studio ..	<b>Body Shape</b> 10:00 AM Susanne / Elma FS1 ..
	<b>Body Shape</b> 10:00 AM Jovana FS1 ..	<b>Bodyweight Workout</b> 10:00 AM Xolani FS1 ..	<b>Body Shape</b> 10:00 AM Xolani / Susanne FS1 ..	<b>Abdominal Workout</b> 10:00 AM Olena / Naome FS1 ..	<b>Abdominal Workout</b> 11:00 AM Olena FS2 ..
	<b>Legs, Bums &amp; Tums</b> 11:00 AM Susanne FS2 ..	<b>Abdominal Workout</b> 11:00 AM Olena FS2 ..	<b>Pilates</b> 11:00 AM Elma FS7 ..	<b>Legs, Bums &amp; Tums</b> 11:00 AM Jovana FS2 ..	

Afternoon Session

<b>Abdominal Workout</b> 12:00 PM Olena FS1 ..	<b>Body Shape</b> 12:00 PM Xolani FS2 ..	<b>Boot Camp</b> 12:00 PM Naome FS1 ..	<b>Boot Camp</b> 12:00 PM Naome FS1 ..	<b>Fitball Workout</b> 12:00 PM Elma FS2 ..	<b>Circuit Training</b> 12:00 PM Naome FS1 ..
<b>Circuit Training</b> 1:00 PM Xolani FS1 ..	<b>Circuit Training</b> 1:00 PM Dora FS1 ..	<b>Yoga</b> 1:00 PM Dora FS7 ..	<b>Circuit Training</b> 1:00 PM Beata FS1 ..	<b>Pilates</b> 1:00 PM Dora FS7 ..	<b>Boot Camp</b> 1:00 PM Olena FS1 ..
<b>Legs, Bums &amp; Tums</b> 2:00 PM Elma FS1 ..	<b>Pilates</b> 2:00 PM Dora FS7 ..	<b>Circuit Training</b> 2:00 PM Dora FS1 ..	<b>Abdominal Workout</b> 2:00 PM Elma FS2 ..	<b>Circuit Training</b> 2:00 PM Dora FS1 ..	<b>Legs, Bums &amp; Tums</b> 2:00 PM Jovana FS2 ..
<b>3 / 15 Workout</b> 3:00 PM Daniela FS1 ..	<b>Bodyweight Workout</b> 3:00 PM Jovana / Naome FS1 ..	<b>Legs, Bums &amp; Tums</b> 3:00 PM Jovana / Xolani FS1 ..	<b>Legs, Bums &amp; Tums</b> 3:00 PM Susanne / Naome FS1 ..	<b>Open Class / 19 Jun Body Shape</b> 3:00 PM Susanne / Xolani FS1 ..	<b>3 / 15 Workout</b> 3:00 PM Elma / Olena FS1 ..

• low intensity

.. medium intensity

... high intensity

Aspire Active Timetables are subject to change.

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Evening Session					
<b>Body Shape</b> 4:00 PM Xolani FS1 ••	<b>Body Shape</b> 4:00 PM Elma FS1 ••	<b>Tabata</b> 4:00 PM Xolani FS1 •••	<b>Body Shape</b> 4:00 PM Inna / Xolani FS1 ••	<b>Les Mills Body Pump</b> <b>LES MILLS</b> <b>BODYPUMP</b> 4:00 PM Elma / Paula FS2 •••	<b>Body Shape</b> 4:00 PM Daniela FS1 ••
<b>Legs, Bums &amp; Tums</b> 5:00 PM Daniela FS1 ••	<b>Abdominal Workout</b> 4:00 PM Xolani / Olena FS2 ••	<b>3 / 15 Workout</b> 4:00 PM Daniela FS2 ••	<b>Les Mills Grit - Strength</b> <b>GRIT</b>   STRENGTH 4:00 PM Jovana / Olena FS2 •••	<b>Abdominal Workout</b> 4:00 PM Xolani / Olena FS3 ••	<b>Abdominal Workout</b> 4:00 PM Xolani FS3 ••
<b>Body Shape</b> 6:00 PM Elma FS1 ••	<b>Les Mills Body Combat</b> <b>LES MILLS</b> <b>BODYCOMBAT</b> 5:00 PM Olena / Paula FS1 •••	<b>Strong by Zumba</b> 5:00 PM Beata / Elma FS1 •••	<b>Legs, Bums &amp; Tums</b> 5:00 PM Inna FS1 ••	<b>Aero Dance</b> 5:00 PM Olena FS1 ••	<b>Legs, Bums &amp; Tums</b> 5:00 PM Inna FS1 ••
<b>Roll &amp; Stretch</b> 7:00 PM Elma FS7 •	<b>Legs, Bums &amp; Tums</b> 5:00 PM Inna FS2 ••	<b>Legs, Bums &amp; Tums</b> 5:00 PM Inna / Olena FS2 ••	<b>Step Advance</b> 5:00 PM Olena FS2 •••	<b>Body Shape</b> 5:00 PM Inna FS2 ••	<b>Les Mills Body Pump</b> <b>LES MILLS</b> <b>BODYPUMP</b> 5:00 PM Daniela FS2 •••
	<b>Spinning</b> 5:00 PM Daniela Spinning Studio ••	<b>Spinning</b> 5:00 PM Nisha Spinning Studio ••	<b>Abdominal Workout</b> 5:00 PM Xolani FS7 ••	<b>Pilates</b> 5:00 PM Elma FS7 ••	<b>Tabata</b> 6:00 PM Xolani FS1 •••
	<b>Zumba</b> 6:00 PM Elma FS1 ••	<b>Body Shape</b> 6:00 PM Inna FS1 ••	<b>Body Shape</b> 6:00 PM Inna FS1 ••	<b>Zumba</b> 6:00 PM Daniela FS1 ••	<b>Body Shape</b> 6:00 PM Inna FS2 ••
	<b>Body Shape</b> 6:00 PM Inna / Xolani FS2 ••	<b>Les Mills Body Pump</b> <b>LES MILLS</b> <b>BODYPUMP</b> 6:00 PM Daniela / Elma FS2 •••	<b>Spinning</b> 6:00 PM Daniela Spinning Studio ••	<b>Legs, Bums &amp; Tums</b> 6:00 PM Inna FS2 ••	<b>Abdominal Workout</b> 7:00 PM Inna FS1 ••
	<b>Legs, Bums &amp; Tums</b> 7:00 PM Xolani FS1 ••	<b>Yoga</b> 6:00 PM Nisha FS7 ••	<b>Legs, Bums &amp; Tums</b> 7:00 PM Jovana FS1 ••	<b>Circuit Training</b> 7:00 PM Inna FS1 ••	
		<b>Body Shape</b> 7:00 PM Olena FS1 ••			

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