









MEN'S FITNESS PROGRAM

Afternoon Session

01 - 14 September 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rowing 3:00 PM Marian Boxing / TRX ..	Medball 3:00 PM Jean Conditioning ..	Rowing 3:00 PM Rabii Boxing / TRX ..	X - Fit 3:00 PM Jean Multifunction ..	Cardio Zone 3:00 PM Rabii Conditioning ..	Fitness Zone 3:00 PM Marian Conditioning ..

Evening Session

Spinning 4:00 PM Jean Spinning Studio ...	Open Class / 08 Sep Cardio Step 4:00 PM Hamza Multifunction ..	Fitness Zone 4:00 PM Hamza Conditioning ..	Cardio Zone 4:00 PM Hamza Conditioning ..	Core Workout 4:00 PM Marian Multifunction ..	X - Fit 4:00 PM Hamza Multifunction ..
Medball 5:00 PM Marian Conditioning ..	Cardio Zone 5:00 PM Rabii Conditioning ..	Medball 5:00 PM Jean Conditioning ..	Fitness Zone 5:00 PM Rabii Conditioning ..	X - Fit 5:00 PM Marian Multifunction ..	Core Workout 5:00 PM Rabii Multifunction ..
Core Workout 5:00 PM Hamza Multifunction ..	LesMills Body Pump  5:00 PM Marian Multifunction ..	Spinning 5:00 PM Marian Spinning Studio ...	Ski Fit 5:00 PM Marian Rowing / Ski Fit ..	Rowing 5:00 PM Rabii Boxing / TRX ..	Spinning 5:00 PM Marian Spinning Studio ...
LesMills Body Combat  6:00 PM Rabii Multifunction ..	LesMills Grit - Strength  6:00 PM Jean Multifunction ...	LesMills Body Pump  6:00 PM Rabii Multifunction ..	Lift Zone 6:00 PM Jean Conditioning ..	Strength Zone 6:00 PM Jean Conditioning ...	LesMills Body Pump  6:00 PM Hamza Multifunction ..
Kettlebell Workout 6:00 PM Marian Boxing / TRX ..	Fartlek 6:00 PM Rabii Volleyball Area ..	Kettlebell Workout 6:00 PM Jean Boxing / TRX ...	LesMills Body Combat  6:00 PM Hamza Multifunction ..	Fartlek 6:00 PM Hamza Volleyball Area ..	Kettlebell Workout 6:00 PM Jean Boxing / TRX ..
Strength Zone 7:00 PM Jean Conditioning ...	T.R. Extreme 7:00 PM Marian Boxing / TRX ..	Power Zone 7:00 PM Jean Conditioning ..	LesMills Body Pump  7:00 PM Marian Multifunction ..	Fitness Zone 7:00 PM Marian Conditioning ..	Power Zone 7:00 PM Jean Conditioning ...
Extreme Tabata 7:00 PM Hamza Multifunction ..	Spinning 7:00 PM Hamza Spinning Studio ...	Core Workout 7:00 PM Marian Multifunction ..	Boxing Fitness 7:00 PM Hamza Boxing / TRX ...	LesMills Grit - Cardio  7:00 PM Hamza Multifunction ...	Boxing Fitness 7:00 PM Hamza Boxing / TRX ...
Fit - Basketball 7:00 PM Rabii Volleyball Area ..	Fit - Volleyball 7:00 PM Rabii Volleyball Area ..	Fit - Basketball 7:00 PM Hamza Volleyball Area ..	Fit - Volleyball 7:00 PM Jean Volleyball Area ..	Fit - Basketball 7:00 PM Jean Volleyball Area ..	Fit - Basketball 7:00 PM Rabii Volleyball Area ..

• low intensity

•• medium intensity

Aspire Active Timetables are subject to change

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fit-Futsal 8:00 PM Jean MPH 2 ..	Fit-Futsal 8:00 PM Jean MPH 2 ..	Fit - Futsal 8:00 PM Marian MPH 2 ..	Fit - Futsal 8:00 PM Hamza MPH 2 ..	Fit - Futsal 8:00 PM Rabii MPH 2 ..	Fit - Futsal 8:00 PM Hamza MPH 2 ..
Fitness Zone 8:00 PM Rabii Conditioning ..	Fitness Zone 8:00 PM Rabii Conditioning ..	Extreme Tabata 8:00 PM Hamza Multifunction ..	Core Workout 8:00 PM Rabii Multifunction ..	Spinning 8:00 PM Jean Spinning Studio ...	Cardio Zone 8:00 PM Marian Conditioning ..
Fit-Futsal 9:00 PM Marian MPH 2 ..	Fit-Basketball 8:00 PM Marian Volleyball Area ..	Fit - Volleyball 8:00 PM Rabii Volleyball Area ..	Fit - Basketball 8:00 PM Marian Volleyball Area ..	Fit - Volleyball 8:00 PM Hamza Volleyball Area ..	Roll & Stretch 8:00 PM Rabii Multifunction •
	Fit-Futsal 9:00 PM Hamza MPH 2 ..	Fit - Futsal 9:00 PM Jean MPH 2 ..	Fit - Futsal 9:00 PM Rabii MPH 2 ..	Fit - Futsal 9:00 PM Marian MPH 2 ..	Fit - Futsal 9:00 PM Jean MPH 2 ..