

TEENAGE GIRLS PROGRAM

September 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Tabata (15 - 17 years) 3:00 PM Naome / Susanne Active Hall ..	3 / 15 Spin (12 - 14 years) 4:00 PM Naome / Susanne Spinning Studio ..	Legs Bums & Tums (15 - 17 years) 4:00 PM Naome / Susanne FS7 ..	Tabata (12 - 14 years) 4:00 PM Naome / Susanne FS3 ..	3 / 15 Spin (15 - 17 years) 4:00 PM Naome / Susanne Spinning Studio ..	HIP HOP (12- 17 years) 4:00 PM Paula FS3 ..
Boot Camp (12 - 14 years) 4:00 PM Naome / Susanne Active Hall ..	Step 1 (15 - 17 years) 5:00 PM Susane / Naome FS3 ..	Ball Skills (9 - 11 years) 5:00 PM Naome / Susanne Active Hall ..	Aero Dance (12 - 17 years) 5:00 PM Anna / Naome / Susanne FS3 ..	Fun Games (9 - 11 years) 5:00 PM Naome / Susanne Active Hall ..	Boot Camp (9 - 11 years) 4:00 PM Naome / Susanne FS7 ..
	Fun Combo (9 - 11 years) 6:00 PM Naome / Susanne Active Hall ..	Abdominal Workout (12 - 14 years) 6:00 PM Naome / Susanne FS3 ..	Boot Camp (9 -11 years) 6:00 PM Naome / Susanne Active Hall ..	Step 1 (12 - 14 years) 6:00 PM Naome / Susanne FS3 ..	Tabata (12 - 17 years) 5:00 PM Naome / Susanne Active Hall ..

• low intensity

•• medium intensity

Aspire Active Timetables are subject to change.

••• high intensity