

WOMEN'S FITNESS PROGRAM

Morning Session

September 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Early Fit 7:15 AM Melisa FS1 ..	Ripped Express 7:15 AM Olana FS1 ..	Early Fit 7:15 AM Jovana FS1 ..	Early Spin 7:15 AM Melisa Spinning Studio ..	Early Fit 7:15 AM Liza FS1 ..	Early Fit 7:15 AM Judy FS1 ..
Tabata 8:00 AM Olana FS1 ...	Tabata 8:00 AM Anna FS1 ...	RIPPED 8:00 AM Beata / Paula FS1 ..	LesMills Body Combat 8:00 AM Olana / Paula FS1 ...	Strong by Zumba 8:00 AM Beata / Paula FS1 ...	LesMills Body Combat 8:00 AM Olana / Xolani FS1 ...
Body Shape 8:00 AM Jovana FS2 ..	Legs, Bums & Tums 8:00 AM Olana FS2 ..	Body Shape 8:00 AM Xolani FS2 ..	Legs, Bums & Tums 8:00 AM Korina / Judy FS2 ..	Body Shape 8:00 AM Xolani FS2 ..	Body Shape 8:00 AM Jovana FS2 ..
Body Shape 9:00 AM Olana FS1 ..	Body Shape 8:00 AM Liza FS3 ..	Legs, Bums & Tums 8:00 AM Korina FS3 ..	Yoga - Sun Salutation 8:00 AM Nisha FS7 ..	TRX 8:00 AM Melisa TRX Studio ..	Legs, Bums & Tums 8:00 AM Judy FS3 ..
LesMills Body Pump 9:00 AM Elma FS2 ...	Spinning 8:00 AM Nisha Spinning Studio ..	Fit Barre 8:00 AM Elma FS7 ..	Fartlek 8:00 AM Inna Active Hall ...	Spinning 8:00 AM Korina Spinning Studio ...	Spinning 8:00 AM Nisha Spinning Studio ..
Abdominal Workout 10:00 AM Melisa FS1 ..	Fartlek 8:00 AM Inna Active Hall ...	Spinning 8:00 AM Melisa Spinning Studio ..	Zumba 9:00 AM Judy FS1 ..	Legs, Bums & Tums 9:00 AM Olana / Liza FS1 ..	3 / 15 Workout 9:00 AM Anna FS1 ..
Pilates 11:00 AM Elma FS7 ..	LesMills Body Pump 9:00 AM Beata / Paula FS2 ...	Abdominal Workout 9:00 AM Anna / Liza FS1 ..	LesMills Body Pump 9:00 AM Olana / Xolani FS2 ...	LesMills Grit - Strength 9:00 AM Xolani FS2 ...	LesMills Body Pump 9:00 AM Beata / Xolani FS2 ...
	Abdominal Workout 9:00 AM Inna / Elma FS3 ..	LesMills Grit - Strength 9:00 AM Jovana / Xolani FS2 ...	Yoga 9:00 AM Nisha FS7 ..	Bodyweight Workout 9:00 AM Jovana FS3 ..	Yoga 9:00 AM Nisha FS7 ..
	Yoga 9:00 AM Nisha FS7 ..	Pilates 9:00 AM Elma FS7 ..	Body Shape 10:00 AM Xolani / Olana FS1 ..	3 / 15 Workout 10:00 AM Liza / Judy FS1 ..	Body Shape 10:00 AM Anna / Judy FS1 ..
	3 / 15 Workout 10:00 AM Liza FS1 ..	3 / 15 Workout 10:00 AM Olana / Judy FS1 ..	Pilates 11:00 AM Elma FS7 ..	Abdominal Workout 10:00 AM Olana FS2 ..	Pilates 10:00 AM Melisa FS7 ..
	Roll & Stretch 10:00 AM Elma FS7 ..	Bodyweight Workout 10:00 AM Liza FS2 ..		Legs, Bums & Tums 11:00 AM Judy FS2 ..	Circuit Training 11:00 AM Olana FS1 ..
	Fitball Workout 11:00 AM Anna FS2 ..	Fitball Workout 11:00 AM Judy FS2 ..			

Afternoon Session

Abdominal Workout 12:00 PM Jovana FS1 ..	Body Shape 12:00 PM Melisa FS2 ..	Boot Camp 12:00 PM Olana FS1 ..	Boot Camp 12:00 PM Anna FS1 ..	Fitball Workout 12:00 PM Melisa FS2 ..	Abdominal Workout 12:00 PM Judy FS1 ..
Circuit Training 1:00 PM Liza FS1 ..	Circuit Training 1:00 PM Naome FS1 ..	Pilates 1:00 PM Liza FS7 ..	Circuit Training 1:00 PM Liza FS1 ..	Pilates 1:00 PM Liza FS7 ..	Boot Camp 1:00 PM Olana FS1 ..

• low intensity

•• medium intensity

Aspire Active timetables are subject to change

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Boot Camp 2:00 PM Xolani FS1 ..	Open Class / 22 Sep Boot Camp 2:00 PM Xolani FS1 ..	Circuit Training 2:00 PM Anna FS1 ..	Abdominal Workout 2:00 PM Elma FS2 ..	Circuit Training 2:00 PM Elma FS1 ..	Pilates 2:00 PM Elma FS7 ..
3 / 15 Workout 3:00 PM Liza FS1 ..	Open Class / 08 Sep Bodyweight Workout 3:00 PM Liza FS1 ..	Legs, Bums & Tums 3:00 PM Xolani FS1 ..	Legs, Bums & Tums 3:00 PM Anna FS1 ..	Body Shape 3:00 PM Anna / Xolani FS1 ..	3 / 15 Workout 3:00 PM Liza / Olena FS1 ..

Evening Session

Body Shape 4:00 PM Judy FS1 ..	Body Shape 4:00 PM Judy / Liza FS1 ..	Tabata 4:00 PM Xolani / Anna FS1 ...	Body Shape 4:00 PM Elma FS1 ..	Abdominal Workout 4:00 PM Xolani / Olena FS1 ..	Body Shape 4:00 PM Melisa / Anna FS1 ..
Tabata 5:00 PM Xolani FS1 ...	Abdominal Workout 4:00 PM Elma FS2 ..	3 / 15 Workout 4:00 PM Liza FS2 ..	Legs, Bums & Tums 4:00 PM Liza FS2 ..	LesMills Body Pump <small>LES MILLS BODY PUMP</small> 4:00 PM Paula FS2 ...	Abdominal Workout 4:00 PM Jovana FS2 ..
Legs, Bums & Tums 5:00 PM Liza FS2 ..	TRX 4:00 PM Jovana TRX Studio ..	Body Shape 4:00 PM Elma FS3 ..	Bodyweight Workout 4:00 PM Judy FS7 ..	3 / 15 Workout 4:00 PM Judy FS3 ..	Pilates 4:00 PM Elma FS6 ..
Body Shape 6:00 PM Anna FS1 ..	LesMills Body Combat <small>LES MILLS BODYCOMBAT</small> 5:00 PM Olena / Paula FS1 ...	Strong by Zumba 5:00 PM Anna / Melisa FS1 ...	Tabata 5:00 PM Jovana FS1 ...	Aero Dance 5:00 PM Olena FS1 ..	Legs, Bums & Tums 5:00 PM Inna FS1 ..
Abdominal Workout 6:00 PM Judy FS2 ..	Legs, Bums & Tums 5:00 PM Xolani / Anna FS2 ..	Legs, Bums & Tums 5:00 PM Judy / Olena FS2 ..	Step Advance 5:00 PM Olena FS2 ...	Body Shape 5:00 PM Judy FS2 ..	LesMills Body Pump <small>LES MILLS BODY PUMP</small> 5:00 PM Elma FS2 ...
Stretching & Flexibility 7:00 PM Anna FS7 .	Pilates 5:00 PM Elma FS7 ..	Interval Workout 5:00 PM Inna FS3 ..	TRX 5:00 PM Melisa TRX Studio ..	TRX 5:00 PM Jovana TRX Studio ..	Bodyweight Workout 5:00 PM Xolani FS3 ..
	Spinning 5:00 PM Melisa Spinning Studio ..	Spinning 5:00 PM Nisha / Elma Spinning Studio ..	Abdominal Workout 5:00 PM Xolani FS7 ..	Pilates 5:00 PM Elma FS7 ..	Stretching & Flexibility 5:00 PM Anna FS7 .
	Zumba 6:00 PM Judy FS1 ..	Body Shape 6:00 PM Inna FS1 ..	3 / 15 Workout 6:00 PM Anna FS1 ..	Zumba 6:00 PM Beata FS1 ..	Tabata 6:00 PM Xolani FS1 ...
	LesMills Grit - Strength <small>LES MILLS GRIT STRENGTH</small> 6:00 PM Xolani FS2 ...	LesMills Body Pump <small>LES MILLS BODY PUMP</small> 6:00 PM Olena FS2 ...	LesMills Grit - Strength <small>LES MILLS GRIT STRENGTH</small> 6:00 PM Xolani / Liza FS2 ...	Legs, Bums & Tums 6:00 PM Anna FS2 ..	Body Shape 6:00 PM Liza FS2 ..
	Body Shape 6:00 PM Anna FS3 ..	Yoga 6:00 PM Nisha FS7 ..	Body Shape 6:00 PM Judy FS3 ..	Fartlek 6:00 PM Inna Active Hall ...	Interval Workout 6:00 PM Inna FS3 ..
	Body Shape 7:00 PM Jovana FS1 ..	Bodyweight Workout 7:00 PM Judy FS1 ..	Legs, Bums & Tums 7:00 PM Jovana FS1 ..	Circuit Training 7:00 PM Anna FS1 ..	Pilates 7:00 PM Liza FS7 ..
	Stretching & Flexibility 7:00 PM Judy FS7 .	Abdominal Workout 7:00 PM Inna FS2 ..	Pilates 7:00 PM Liza FS7 ..	Body Shape 7:00 PM Inna FS2 ..	

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