








# MEN'S FITNESS PROGRAM

Afternoon Session

March 2020

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>X - Fit</b> 3:00 PM Bohdan Multifunction ..	<b>Extreme Tabata</b> 3:00 PM Ayoub Multifunction ..	<b>Medball</b> 3:00 PM Ayoub Conditioning ..	<b>Rowing</b> 3:00 PM Hamza Boxing / TRX ..	<b>Cardio Zone</b> 3:00 PM Bohdan Conditioning ..	<b>Fitness Zone</b> 3:00 PM Bohdan Conditioning ..

## Evening Session

<b>Spinning</b> 4:00 PM Hamza Spinning Studio ...	<b>Fitness Zone</b> 4:00 PM Marian Conditioning ..	<b>Cardio Step</b> 4:00 PM Hamza Multifunction ..	<b>Cardio Zone</b> 4:00 PM Bohdan Conditioning ..	<b>Core Workout</b> 4:00 PM Marian Multifunction ..	<b>LesMills Body Pump</b>  4:00 PM Ayoub Multifunction ..
<b>Core Workout</b> 5:00 PM Ayoub Multifunction ..	<b>Cardio Zone</b> 5:00 PM Ayoub Conditioning ..	<b>Extreme Tabata</b> 5:00 PM Ayoub Multifunction ..	<b>Fitness Zone</b> 5:00 PM Bohdan Conditioning ..	<b>Challenge Qualifier</b> 5:00 PM Marian Conditioning ..	<b>Lift Zone</b> 5:00 PM Marian Conditioning ..
<b>LesMills Body Combat</b>  6:00 PM Ayoub Multifunction ..	<b>LesMills Body Pump</b>  5:00 PM Hamza Multifunction ..	<b>LesMills Body Pump</b>  6:00 PM Marian Multifunction ..	<b>X - Fit</b> 5:00 PM Marian Multifunction ..	<b>Spinning</b> 5:00 PM Ayoub Spinning Studio ...	<b>Cardio Step</b> 5:00 PM Hamza Multifunction ..
<b>Kettlebell Workout</b> 6:00 PM Bohdan Boxing / TRX ..	<b>Functional Zone</b> 6:00 PM Marian Conditioning ..	<b>Boxing Fitness</b> 6:00 PM Bohdan Boxing / TRX ..	<b>Core Workout</b> 6:00 PM Hamza Multifunction ..	<b>Strength Zone</b> 6:00 PM Marian Conditioning ...	<b>Fitness Zone</b> 6:00 PM Bohdan Conditioning ..
<b>Strength Zone</b> 7:00 PM Hamza Conditioning ...	<b>LesMills Grit - Cardio</b>  6:00 PM Bohdan Multifunction ...	<b>Challenge Qualifier</b> 7:00 PM Ayoub Conditioning ..	<b>Spinning</b> 6:00 PM Ayoub Spinning Studio ...	<b>Extreme Tabata</b> 6:00 PM Hamza Multifunction ..	<b>Kickboxing</b> 6:00 PM Hamza Boxing / TRX ...
<b>Extreme Tabata</b> 7:00 PM Ayoub Multifunction ..	<b>LesMills Grit - Strength</b>  7:00 PM Ayoub Multifunction ...	<b>Core Workout</b> 7:00 PM Marian Multifunction ..	<b>LesMills Body Pump</b>  7:00 PM Marian Multifunction ..	<b>Fitness Zone</b> 7:00 PM Ayoub Conditioning ..	<b>Power Zone</b> 7:00 PM Hamza Conditioning ...
<b>Fit Futsal</b> 8:00 PM Ayoub MPH 2 ..	<b>T.R. Extreme</b> 7:00 PM Bohdan Boxing / TRX ..	<b>Kettlebell Workout</b> 7:00 PM Hamza Boxing / TRX ...	<b>Boxing Fitness</b> 7:00 PM Ayoub Boxing / TRX ...	<b>Core Workout</b> 7:00 PM Bohdan Multifunction ..	<b>Spinning</b> 7:00 PM Marian Spinning Studio ...

• low intensity

.. medium intensity

Aspire Active Timetables are subject to change

... high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Fitness Zone</b> 8:00 PM Hamza Conditioning ..	<b>Fit Futsal</b> 8:00 PM Ayoub MPH 2 ..	<b>Fit Futsal</b> 8:00 PM Marian MPH 2 ..	<b>Fit Futsal</b> 8:00 PM Marian MPH 2 ..	<b>Fit Futsal</b> 8:00 PM Bohdan MPH 2 ..	<b>Fit Futsal</b> 8:00 PM Bohdan MPH 2 ..
<b>Fit Basketball</b> 8:00 PM Bohdan Volleyball Area ..	<b>Core Workout</b> 8:00 PM Hamza Multifunction ..	<b>X - Fit</b> 8:00 PM Bohdan Multifunction ..	<b>Extreme Tabata</b> 8:00 PM Hamza Multifunction ..	<b>LesMills Body Combat</b>  8:00 PM Hamza Multifunction ..	<b>Cardio Zone</b> 8:00 PM Ayoub Conditioning ..
<b>Fit-Futsal</b> 9:00 PM Bohdan MPH 2 ..	<b>Fit Volleyball</b> 8:00 PM Bohdan Volleyball Area ..	<b>Fit Volleyball</b> 8:00 PM Hamza Volleyball Area ..	<b>Fit Volleyball</b> 8:00 PM Bohdan Volleyball Area ..	<b>Fit Volleyball</b> 8:00 PM Ayoub Volleyball Area ..	<b>Fit Basketball</b> 8:00 PM Marian Volleyball Area ..
	<b>Fit Futsal</b> 9:00 PM Hamza MPH 2 ..	<b>Fit Futsal</b> 9:00 PM Ayoub MPH 2 ..	<b>Fit Futsal</b> 9:00 PM Ayoub MPH 2 ..	<b>Fit Futsal</b> 9:00 PM Hamza MPH 2 ..	<b>Fit - Futsal</b> 9:00 PM Ayoub MPH 2 ..
	<b>Fit Basketball</b> 9:00 PM Marian Volleyball Area ..	<b>Fit Basketball</b> 9:00 PM Bohdan Volleyball Area ..	<b>Fit Basketball</b> 9:00 PM Hamza Volleyball Area ..	<b>Fit Basketball</b> 9:00 PM Marian Volleyball Area ..	