

TEENAGE BOYS PROGRAM

March 2020

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fit Games (9 - 12 years) 5:00 PM Bohdan Volleyball Area ..	Rowing (13 - 15 years) 4:00 PM Alex Boxing / TRX ..	Rowing (9 - 12 years) 4:00 PM Alex Boxing / TRX ..	X - Fit Teens (13 - 15 years) 4:00 PM Alex Multifunction ..	Fun Fit (9 - 12 years) 4:00 PM Alex Conditioning ..	Fit Games (13 - 15 years) 5:00 PM Alex Volleyball Area ..
Group Fitness (13 - 15 years) 6:00 PM Hamza Conditioning Area ..	TeenRX (9 - 12 years) 5:00 PM Alex Boxing / TRX ..	Boxing (13 - 15 years) 5:00 PM Alex Boxing / TRX ..	Boxing (9 - 12 years) 5:00 PM Alex Boxing / TRX ..	Teens Into Strength (13 - 15 years) 5:00 PM Alex Teen Gym ..	Teen Tabata (9 - 12 years) 6:00 PM Alex Multifunction Area ..
	Swim Fit (9 - 12 years) 6:00 PM Alex / Arnold Swimming Pool ..	Swim Fit (13 - 15 years) 6:00 PM Alex / Arnold Swimming Pool ..	Aqua Fit Games (9 - 12 years) 6:00 PM Alex / Arnold Swimming Pool ..	Aqua Fit Games (13 - 15 years) 6:00 PM Alex / Arnold Swimming Pool ..	

• low intensity

•• medium intensity

Aspire Active Timetables are subject to change

••• high intensity