

TEENAGE GIRLS PROGRAM

March 2020

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Circuit Training (12 - 17 years) 3:00 PM Naome Active Hall ..	3 / 15 Spin (15 - 17 years) 4:00 PM Naome / Susanne Spinning Studio ..	Body Shape (12 - 14 years) 4:00 PM Susanne FS3 ..	Body Shape (15 - 17 years) 4:00 PM Naome / Susanne FS3 ..	HIP HOP (12- 17 years) 4:00 PM Paula FS3 ..	Fun Games (9 - 11 years) 4:00 PM Susanne Active Hall ..
Walking (12 - 17 years) 4:00 PM Naome Indoor / Outdoor ..	Fun Combo (9 - 11 years) 5:00 PM Susanne / Naome Active Hall ..	Ball Skills (9 - 11 years) 4:00 PM Naome Active Hall ..	Boot Camp (9 - 11 years) 5:00 PM Naome / Susanne Active Hall ..	Fun Combo (9 - 11 years) 4:00 PM Naome / Susanne Active Hall ..	3 / 15 Spin (12 - 14 years) 4:00 PM Naome Spinning Studio ..
	Fun Combo (12 - 14 years) 6:00 PM Naome / Susanne Active Hall ..	Boot Camp (15 - 17 years) 5:00 PM Naome / Susanne FS3 ..	Tabata (12 - 17 years) 6:00 PM Naome / Susanne Active Hall ..	Tabata (12 - 17 years) 5:00 PM Naome / Susanne FS3 ..	Stretch and Tone (12 - 17 years) 5:00 PM Naome / Susanne Active Hall ..

• low intensity

•• medium intensity

Aspire Active Timetables are subject to change.

••• high intensity