








WOMEN'S FITNESS PROGRAM

Morning Session

March 2020

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Early Fit 7:15 AM Anna FS2 ..	Ripped Express 7:15 AM Olena FS2 ..	Early Fit 7:15 AM Jovana FS2 ..	Early Spin 7:15 AM Melisa Spinning Studio ..	Les Mills Grit - Strength  7:15 AM Xolani FS2 ...	Early Fit 7:15 AM Rahma FS2 ..
Tabata 8:00 AM Jovana FS1 ...	Tabata 8:00 AM Jovana FS1 ...	RIPPED 8:00 AM Beata / Paula FS1 ..	Les Mills Body Combat  8:00 AM Olena / Paula FS1 ...	Strong by Zumba 8:00 AM Anna / Melisa FS1 ...	Les Mills Body Combat  8:00 AM Olena / Xolani FS1 ...
Body Shape 9:00 AM Anna FS1 ..	Legs, Bums & Tums 8:00 AM Olena FS2 ..	Body Shape 8:00 AM Xolani FS2 ..	Body Shape 8:00 AM Liza FS2 ..	Body Shape 8:00 AM Jovana FS2 ..	Body Shape 8:00 AM Rahma FS2 ..
Bodyweight Workout 10:00 AM Jovana FS1 ..	Body Shape 8:00 AM Anna FS3 ..	Bodyweight Workout 8:00 AM Judy FS3 ..	TRX 8:00 AM Melisa TRX Studio ..	Bodyweight Workout 8:00 AM Xolani FS3 ..	TRX 8:00 AM Jovana TRX Studio ..
Pilates 11:00 AM Melisa FS7 ..	Spinning 8:00 AM Melisa Spinning Studio ..	Spinning 8:00 AM Melisa Spinning Studio ..	Yoga - Sun Salutation 8:00 AM Nisha FS7 ..	Spinning 8:00 AM Monica Spinning Studio ..	Spinning 8:00 AM Nisha Spinning Studio ..
	Fartlek WF 8:00 AM Inna Active Hall ...	Fartlek WF 8:00 AM Monica Active Hall ...	Fartlek WF 8:00 AM Inna Active Hall ...	Tabata 9:00 AM Liza FS1 ...	Fartlek WF 8:00 AM Inna Active Hall ...
	Abdominal Workout 9:00 AM Anna / Inna FS1 ..	Abdominal Workout 9:00 AM Monica / Judy FS1 ..	Zumba 9:00 AM Judy FS1 ..	Kettlebell 9:00 AM Monica FS2 ...	Abdominal Workout 9:00 AM Inna / Rahma FS1 ..
	Les Mills Body Pump  9:00 AM Elma / Paula FS2 ...	Les Mills Grit - Strength  9:00 AM Jovana FS2 ...	Les Mills Body Pump  9:00 AM Beata / Olena FS2 ...	Pilates 9:00 AM Anna FS7 ..	Les Mills Body Pump  9:00 AM Olena / Paula FS2 ...
	Yoga 9:00 AM Nisha FS7 ..	Pilates 9:00 AM Liza FS7 ..	Yoga 9:00 AM Nisha FS7 ..	3 / 15 Workout 10:00 AM Olena / Rahma FS1 ..	Yoga 9:00 AM Nisha FS7 ..
	Bodyweight Workout 10:00 AM Judy FS1 ..	2 x 20 Workout 10:00 AM Olena FS1 ..	Body Shape 10:00 AM Inna / Judy FS1 ..	Abdominal Workout 10:00 AM Judy FS2 ..	Body Shape 10:00 AM Jovana / Liza FS1 ..
	Pilates 10:00 AM Melisa FS7 ..	Stretching & Flexibility 10:00 AM Xolani FS7 ..	Abdominal Workout 10:00 AM Liza / Xolani FS2 ..	Legs, Bums & Tums 11:00 AM Rahma / Judy FS2 ..	Bodyweight Workout 10:00 AM Xolani FS2 ..
	Body Shape 11:00 AM Rahma / Xolani FS1 ..	Fitball Workout 11:00 AM Anna / Rahma FS2 ..	Pilates 11:00 AM Liza FS7 ..		Circuit Training 11:00 AM Olena / Rahma FS1 ..

Afternoon Session

Abdominal Workout 12:00 PM Judy FS1 ..	Circuit Training 12:00 PM Olena FS1 ..	Boot Camp 12:00 PM Olena / Anna FS1 ..	Boot Camp 12:00 PM Xolani / Rahma FS1 ..	Body Shape 12:00 PM Anna / Inna FS2 ..	Abdominal Workout 12:00 PM Judy / Xolani FS1 ..
Circuit Training 1:00 PM Inna FS1 ..	Legs, Bums & Tums 1:00 PM Liza / Olena FS1 ..	Body Shape 1:00 PM Inna / Judy FS1 ..	Circuit Training 1:00 PM Rahma / Anna FS1 ..	Pilates 1:00 PM Melisa / Naome FS7 ..	Body Shape 1:00 PM Melisa / Anna FS1 ..

• low intensity

•• medium intensity

Aspire Active Timetables are subject to change

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fitball Workout 2:00 PM Judy FS2 ..	Boot Camp 2:00 PM Xolani FS1 ..	Pilates 2:00 PM Liza FS7 ..	Body Shape 2:00 PM Inna / Liza FS2 ..	Circuit Training 2:00 PM Olena / Anna FS1 ..	Pilates 2:00 PM Anna / Naome FS7 ..
Abdominal Workout 3:00 PM Liza FS1 ..	Bodyweight Workout 3:00 PM Jovana / Inna FS1 ..	Legs, Bums & Tums 3:00 PM Rahma / Xolani FS1 ..	Legs, Bums & Tums 3:00 PM Xolani / Inna FS1 ..	Tabata 3:00 PM Judy / Inna FS1 ...	Bodyweight Workout 3:00 PM Liza / Judy FS1 ..

Evening Session

Legs, Bums & Tums 4:00 PM Liza FS1 ..	Abdominal Workout 4:00 PM Inna / Liza FS1 ..	Tabata 4:00 PM Anna / Liza FS1 ...	Abdominal Workout 4:00 PM Anna / Judy FS1 ..	Body Shape 4:00 PM Elma / Olena FS1 ..	3 / 15 Workout 4:00 PM Liza FS1 ..
Body Shape 4:00 PM Inna FS2 ..	Les Mills Grit - Strength 4:00 PM Xolani FS2 ...	Bodyweight Workout 4:00 PM Xolani / Inna FS2 ..	Les Mills Body Pump 4:00 PM Rahma / Olena FS2 ...	TRX 4:00 PM Rahma TRX Studio ..	Abdominal Workout 4:00 PM Melisa FS2 ..
Tabata 5:00 PM Olena / Xolani FS1 ...	TRX 4:00 PM Monica TRX Studio ..	Strong by Zumba 5:00 PM Judy / Liza FS1 ...	Tabata 5:00 PM Xolani FS1 ...	Aero Dance 5:00 PM Olena FS1 ..	Tabata 5:00 PM Judy FS1 ...
Spinning 5:00 PM Rahma Spinning Studio ..	Les Mills Body Combat 5:00 PM Paula / Rahma FS1 ...	TRX 5:00 PM Rahma TRX Studio ..	Step Advance 5:00 PM Olena FS2 ...	Body Shape 5:00 PM Judy FS2 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..
Legs, Bums & Tums 6:00 PM Olena FS1 ..	Body Shape 5:00 PM Judy / Anna FS2 ..	Spinning 5:00 PM Nisha / Olena Spinning Studio ..	TRX 5:00 PM Rahma TRX Studio ..	Pilates 5:00 PM Liza FS7 ..	Pilates 5:00 PM Anna FS7 ..
Bodyweight Workout 6:00 PM Xolani FS2 ..	Pilates 5:00 PM Liza FS7 ..	Fartlek WF 5:00 PM Inna Active Hall ...	Pilates 5:00 PM Anna FS7 ..	Fartlek WF 5:00 PM Inna / Xolani Active Hall ...	Body Shape 6:00 PM Liza FS1 ..
Stretching & Flexibility 7:00 PM Rahma FS7 .	Spinning 5:00 PM Monica Spinning Studio ..	Abdominal Workout 6:00 PM Anna FS1 ..	Zumba 6:00 PM Elma FS1 ..	Les Mills Body Combat 6:00 PM Rahma / Xolani FS1 ...	Stretching & Flexibility 6:00 PM Judy FS7 .
	Zumba 6:00 PM Anna FS1 ..	Les Mills Body Pump 6:00 PM Olena / Rahma FS2 ...	Kettlebell 6:00 PM Jovana FS2 ...	Abdominal Workout 6:00 PM Liza FS2 ..	Tabata 7:00 PM Anna FS1 ...
	Bodyweight Workout 6:00 PM Xolani FS2 ..	Yoga 6:00 PM Nisha FS7 ..	Stretching & Flexibility 6:00 PM Judy FS7 .	TRX 6:00 PM Jovana TRX Studio ..	
	TRX 6:00 PM Rahma TRX Studio ..	Legs, Bums & Tums 7:00 PM Inna FS1 ..	Tabata 7:00 PM Anna FS1 ...	Body Shape 7:00 PM Inna FS1 ..	
	Body Shape 7:00 PM Liza FS1 ..	Pilates 7:00 PM Melisa FS7 ..	Bodyweight Workout 7:00 PM Jovana FS2 ..		
	Stretching & Flexibility 7:00 PM Judy FS7 .				