



DAY	CLASS	TIME (MUDA WA KUFUNGUA)	TIME (MUDA WA KUFUNGUA)	COACH (MWALIMU)	AFTER EVERY CLASS
MONDAY 	➤ FLOW AEROBIC	17:30 – 18:30	19:00 – 20:00	OSCAR SAIDI	ABS WORKOUT 30 MINUTES
TUESDAY 	➤ STEP AEROBICS	18:00 – 19:00	–	SAIDI GEORGE	ABS WORKOUT 30 MINUTES
WEDNESDAY 	➤ STICK AEROBICS	17:30 – 18:30	19:00 – 20:00	OSCAR SAIDI	ABS WORKOUT 30 MINUTES
THURSDAY 	➤ BODY TONING	18:00 – 19:00	–	SAIDI	ABS WORKOUT 30 MINUTES
FRIDAY 	➤ CRICKET & SPIN	17:30 – 18:30	19:00 – 20:00	GEORGE	ABS WORKOUT 30 MINUTES
SATURDAY 	➤ DANCE & YOGA	18:00 – 19:00	–	OSCAR GEORGE	ABS WORKOUT 30 MINUTES

PROFESSIONAL
COACHES

FREE **ABS WORKOUT**
AFTER EVERY CLASS

INCLUDED IN
MEMBERSHIP

STRENGTH
TRAINING

CARDIO
FITNESS

AMAZING
COMMUNITY

TRAIN HARD.
DARE TO BE SPARTAN!

SPARTAN
 AREA FITNESS

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