



KEY: GREEN = AUCKLAND PARK(*PAID CLASS) | RED = WOODMEAD(*PAID CLASS)
COMMENCING AUGUST

MON	TUE	WED	THU	FRI	SAT
06:15 PILATES (INDOOR) RAZIA	06:00 BOOTCAMP (INDOOR) NEO	05:45 SPINNING (INDOOR) MEL	07:00 *BOXERCISE AKANI	06:00 STRENGTH & CONDITIONING ZENZI	07:30 SPINNING (INDOOR) MONICA
08:00 SPINNING (INDOORS) LESLIE	07:15 PILATES (INDOOR) VIV	08:00 SPINNING (INDOOR) LESLIE	07:15 PILATES (INDOOR) DAGMAR	11:00 SENIORS CLASS (INDOOR)	08:30 YOGA (INDOOR) KARIMA
09:30 GOLF SPECIFIC EXERCISES (INDOOR) VIV	09:30 MOVEMENT (INDOOR) GAIL	09:30 STRETCH SUE	09:45 STRETCH (INDOOR) SUE		09:00 YOGA (INDOORS) MARINA
09:45 CONDITIONING SUE NEL	11:00 SENIORS CLASS (INDOOR)	17:30 YOGA (INDOOR) SAJIV	16:15 STAFF SPINNING STEVE		
13:00 *SWIMMING CLASS GARTH	17:30 BREATHING/RELAXATION TAZ	17:30 YOGA (INDOORS) MARINA	17:30 SPINNING (INDOORS) STEVE		
17:30 PILATES (INDOOR) VIV	17:30 SPINNING (INDOOR) STEVE		17:30 *PILATES (INDOOR) DAGMAR		
17:30 YOGA (INDOORS) JANET					
18:00 SPINNING (INDOOR) MEL					

Bookings essential online, via the app or by calling reception.
Cancellations must be made 24hrs before the session.

Outdoor sessions are weather dependent, should weather not allow,
the session will be moved to a suitable indoor venue if available.

Contact Sibusiso for more information
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