

SPECIALISED TRAINING STUDIOS

MONDAY - THURSDAY: 05h00 - 21h00 | FRIDAY: 05h00 – 20h00 | SATURDAY: 07h00 - 16h00 | SUNDAY: 08h00 – 13h00

All classes included in membership fees | All classes are 1 hour | **Private Classes Not Included in Membership Fees



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05h00		Functional Boxfit G1 & Passage Naivi FUNK FIT		Functional Boxfit G1 & Passage Naivi FUNK FIT		
06h00		Spinning Mao (G6) RHYTHM SPINNING				
07h00	Functional Boxfit G1 Naivi ABS		Functional Boxfit G1 & Passage Naivi BAMS			
08h00	Group Session (G2) Training Thabiso		Group Session (G2) Training Thabiso		Group Session (G2) Training Thabiso	**We Swim For life Classes Shandre 08h00-13h30
08h30	Aquafit Mientjie			Aquafit Mientjie Zumba Kallie (G1)		
09h00		Pilates Mientjie (G1)	Low Tone Combo Mientjie (G1)		Mobility & Stretch/Pilates Mientjie (G1)	Bootcamp Mao (G1)/ Alternating with Spinning (G3) – posted on Club Manager
10h00		**We Swim For Life (Ladies only) Shandre 1 hour		**We Swim For Life (Ladies only) Shandre 1 hour		
11h00				**We Swim For Life Shandre 1 hour		
14h30		**We Swim For Life Classes 14h30 – 17h00		**We Swim For Life Classes 14h30 – 17h00	**We Swim For Life Classes 14h30 – 17h00	
16h00					Muay Thai BEGINNERS Daniela Muay Thai Centre (G4)	
17h00	**Karate Juniors Shandre (G1)	Pilates Reneè (G1) Functional Stretch Mao (G2) Muay Thai INTERMEDIATE Daniela Muay Thai Centre (G4)	**Karate Juniors Shandre (G1)	Pilates Reneè (G1) ABS Mao (G2) Muay Thai INTERMEDIATE Daniela Muay Thai Centre (G4)		
17H30	Muay Thai BEGINNERS Daniela Muay Thai Centre (G4)					
18h00	Spinning Mao (G6) SPEED & ENDURANCE Calisthenics/Body WeightTraining JP (G1) KIDDIENASTICS SQUASH COURT 1	Spinning Monica (G6) Functional Cross Training JP (G2) RUTHLESS FITNESS ADVANCED Aerobics kick & box Neo (G1) KIDDIENASTICS SQUASH COURT 1	Spinning Mao (G6) Calisthenics/Body WeightTraining JP (G1) KIDDIENASTICS SQUASH COURT 1	Functional Cross Training JP (G2) ADVANCED Spinning Mao (G6) Step Neo (G1) KIDDIENASTICS SQUASH COURT 1		
18h30	Group Weight Training Thabiso	Group Weight Training Thabiso	Group Weight Training Thabiso			
19h00		Zumba/Latin Fitness Kallie (G1)		Zumba/Latin Fitness Kallie (G1)		

Main Studio (G1) | Functional Cross Training | (G2) Spinning | (G3) | Muay Thai (G4) | Ladies Only (G5) | ABS (G6) |

Swimming Pool (G7) | Multi-Purpose Cubicles (G8) | Group Sessions - Downstairs Open Area