

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

EXTRA 15 MIN BEFORE CLASSES FOR COVID PROTOCOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05h00		Functional Boxfit Naivi (05h00 - 08h00)		Functional Boxfit Naivi (05h00 - 08h00)		
05h30						
06h30						
08h00	Yoga Thato (G1) Group Session (G2) Training Thabiso		Yoga Thato (G1) Group Session (G2) Training Thabiso		Group Session (G2) Training Thabiso	**We Swim For life Classes Shandre 08h00-13h00
08h30	Aquafit Mientjie			Aquafit Mientjie		Functional Cross Training JP (G2)
09h00		Pilates Mientjie (G1)	Pilates Barre Mientjie (G1)		Pilates Mientjie (G1)	
10h00			**We Swim For Life (Ladies only) Shandre 1 hour	**We Swim For Life (Ladies only) Shandre 1 hour		
10h30						**We Swim For Life Shandre 1 hour
11h00				**We Swim For Life Shandre 1 hour		
12h00		**We Swim For Life Classes 12h00 – 19h00		**We Swim For Life Classes 12h00 – 19h00		
15h00						
16h00	Soccer Mao	Soccer Mao	Soccer Mao	Soccer Mao		
17h00	**Karate Juniors Shandre (G3) Fitball Mientjie (G1) Spinning Mao (G6)	Pilates Mientjie (G1) Body Conditioning Khanyi (G1)	Abs Sibusiso (G1) **Karate Juniors Shandre (G3)	Pilates Mientjie (G1)	**We Swim For Life Classes 16h30 – 18h30	
17h15	Muay Thai Beginners (G4)		Muay Thai Beginners (G4)			
18h00	Tae Bo Sibusiso (G1) Spinning Mao (G6) Functional Cross Training JP (G2) Yoga Thato (Outside)	Aerobics Sibusiso (G1) Spinning Lisa (G6) Functional Cross Training JP (G2)	Step Sibusiso (G1) Yoga Thato (Outside)	Functional Cross Training JP (G2) Spinning Mao (G6) Boot Camp Khanyi Open floor, upstairs	Functional Cross Training JP (G2)	
18h30	Group Weight Training Themba	Group Weight Training Themba	Group Weight Training Themba	Group Weight Training Themba		
19h00		Ballroom/Latin Kallie (G1)		Ballroom/Latin Kallie (G1)		

PLEASE CONTACT YOUR INSTRUCTOR TO MAKE A BOOKING

Main Studio (G1) | Functional Cross Training (G2) | Junior Soccer & Karate (G3) | Muay Thai (G4) | Ladies Only (G5) | Spinning Downstairs (G6) | Swimming Pool (G7) | Multi-Purpose Cubicles (G8) | Group Sessions - Downstairs Open Area

02/02/21

THANK YOU FOR YOUR CO-OPERATION

TEAM MANAGEMENT