

# 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 <b>FUNK FIT</b>		Functional Boxfit   Naivi <b>FUNK FIT</b>		
07h00	Functional Boxfit   Naivi <b>ABS</b>		Functional Boxfit   Naivi <b>BAMS</b>			
08h00	Group Session (G2) Training   Thabiso Yoga   Eileen (G1)		Group Session (G2) Training   Thabiso Yoga   Eileen (G1)		Group Session (G2) Training   Thabiso	**We Swim For life Classes   Shandre 08h00-13h00 Stretch   Mao (G1)
08h30	Aquafit   Mientjie			Aquafit   Mientjie		
09h00		Pilates   Mientjie (G1)	Pilates   Mientjie (G1)		Pilates   Mientjie (G1)	Functional Cross Training   JP <b>RUTHLESS FITNESS</b>
10h00			**We Swim For Life (Ladies only)  Shandre 1 hour	**We Swim For Life (Ladies only)  Shandre 1 hour		
10h30			Muay Thai ALL LEVELS - MIXED CLASS (G4)		Muay Thai ALL LEVELS – MIXED CLASS (G4)	**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		
16h00	Soccer   Mao	Soccer   Mao	Soccer   Mao			
17h00	**Karate Juniors   Shandre (Court 3) <b>BODY INFERNO</b>   TJ (G1) Mixed Martial Arts   Eddie (G2) Spinning   Mao (G6) Aquafit   Mientjie	Pilates   Mientjie (G1) <b>FLOW</b> Yogalates   Mao (G2) (Yoga/Pilates)	**Karate Juniors   Shandre (Court 3) ABS   Sibusiso (G1) <b>BODY INFERNO 2.0</b>   TJ (G2)	Pilates   Mientjie (G1) <b>BLT</b> ABS   Mao (G3) Kettlebell (Body sculpt)   TJ (G2) 17h00 – 17h45	**We Swim For Life   Classes 16h30 – 18h30	
18h00	Muay Thai Beginners (G4) Tae Bo   Sibusiso (G1) Spinning Mao (G6) <b>SPEED &amp; ENDURANCE</b> Functional Cross Training   JP (G2)	Aerobics   Sibusiso (G1) Spinning   Lisa (G6) Functional Cross Training   JP (G2) <b>RUTHLESS FITNESS</b>	Muay Thai Beginners (G4) Step   Sibusiso (G1) Spinning   Mao (G6) Functional Cross Training   JP (G2)	Yoga   Nirosha (G1) Functional Cross Training   JP (G2) <b>RUTHLESS TWIST</b> Spinning Mao (G6) <b>RHYTHM SPINNING</b>	Functional Cross Training (weight training)   JP (G2) <b>RUTHLESS TWIST</b>	
18h30	Group Weight Training   Themba	Group Weight Training   Themba	Group Weight Training   Themba			
19h00	Yoga   Nirosha (G1)	Ballroom/Latin  Kallie (G1)		Ballroom/Latin  Kallie (G1)		
20h00						

PLEASE CONTACT YOUR INSTRUCTOR TO MAKE A BOOKING

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

1 January 2022

THANK YOU FOR YOUR CO-OPERATION

TEAM MANAGEMENT