

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.

***Muay Thai classes – R500 per month plus gym fees. EXTRA 15 MIN BEFORE CLASSES FOR COVID PROTOCOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05h00		Functional Boxfit Naivi FUNK FIT		Functional Boxfit Naivi FUNK FIT		
07h00	Functional Boxfit Naivi ABS		Functional Boxfit Naivi BAMS			
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 08h00-10h00 Stretch Mao (G1)
08h30	Aquafit Mientjie			Aquafit Mientjie		
09h00		Pilates Mientjie (G1)	Pilates 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						
11h00				**We Swim For Life Shandre 1 hour		
14h00		**We Swim For Life Classes 14h00 – 19h00		**We Swim For Life Classes 14h00 – 19h00		
16h00	Soccer Mao	Soccer Mao	Soccer Mao			
17h00	**Karate Juniors Shandre (Court 3) BODY INFERNO TJ (G1) Mixed Martial Arts Eddie (G2) Spinning Mao (G6)	Pilates Mientjie (G1) FLOW Yogalates Mao (G2) (Yoga/Pilates)	**Karate Juniors Shandre (Court 3) ABS Sibusiso (G1) BODY INFERNO 2.0 TJ (G2)	Pilates Mientjie (G1) BLT ABS Mao (G3) Kettlebell (Body sculpt) TJ (G2) 17h00 – 17h45		
18h00	***Muay Thai Beginners (G4) Tae Bo Sibusiso (G1) Spinning Mao (G6) SPEED & ENDURANCE Functional Cross Training JP (G2) ADVANCED	Aerobics Sibusiso (G1) Spinning Lisa (G6) Functional Cross Training JP (G2) RUTHLESS FITNESS ADVANCED	***Muay Thai Beginners (G4) Step Sibusiso (G1) Spinning Mao (G6) Functional Cross Training JP (G2) INTERMEDIATE	Yoga Nirosha (G1) Functional Cross Training JP (G2) RUTHLESS TWIST ADVANCED Spinning Mao (G6) RHYTHM SPINNING	Functional Cross Training (weight training) JP (G2) RUTHLESS TWIST ADVANCED	
18h30	Group Weight Training Thabiso	Group Weight Training Thabiso	Group Weight Training Thabiso			
19h00		Zumba/Latin Fitness Kallie (G1)		Zumba/Latin Fitness 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 JULY 2022