



THE COUNTRY CLUB
JOHANNESBURG

AUCKLAND PARK GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30 Pilates Claudia	06:30 Bootcamp Cherisa	09:00 TRE Session Garrick	06:00 Pilates Cherisa	06:30 Cardio Pilates Claudia	
	08:00 Workout Gale	09:45 Movement Class Thomas	07:15 *Kettlebell Class Thomas	08:00 Workout Gale	09:00 Garden Yoga Lucy Weather Permitting
	11:00 Seniors Class Muntu		08:45 Aqua Class Sue	10:30 Turbo Tennis Jason	
18:00 Yoga Lucy	18:00 *Kettlebell Class Thomas	18:00 Yoga Lucy			

Please note that classes marked with * come at an extra cost to members.
Kettlebell Class information: Thomas on 082 882 1631 | thomaskurtwitt@gmail.com
Seniors Workout information: Claudia on 082 802 2610 | claudiar@ccj.co.za

SPINNING

08:00 Leslie		05:30 Jono			07:30 Steve
		08:00 Leslie			
	16:15 Steve		16:15 Christine Jono		
	17:45 Steve		17:45 Christine jono		

