



THE COUNTRY CLUB
JOHANNESBURG

WOODMEAD GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		06:00 Pilates Claudia H		06:30 Sunrise Yoga Marina	09:00 Pilates Desiree
10:00 Ladies Golf Workout Chris	07:30 *Pilates Carren	11:00 TRE Session Garrick	07:30 *Pilates Caren		
11:00 Men's Golf Workout Chris					
17:00 Pilates Viv	18:15 Turbo Tennis Jason	17:30 Yoga Sarah	17:30/18:00 Running Coach Marco		

Please note that classes marked with * come at an extra cost to members.
For Pilates information, contact Carren on carren@wellwoman.co.za | 082 327 0266

SPINNING

	05:30 Mathilda		05:30 Mathilda		07:00 Cherisa
18:00 (1hr) Michelle			18:00 Michelle		



Contact Claudia for more information
claudiar@ccj.co.za | 082 802 2610

V. - 16 Jan 2018