



THE COUNTRY CLUB
JOHANNESBURG

AUCKLAND PARK GYM SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|---|--|---|---|---|
| 06:30 Pilates Claudia | 06:30 Bootcamp Luyanda | 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 | |
| | 17:30 Social Run Claudia | | | | |
| 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

SPINNING

| | | | | | |
|---------------------------|-----------------------|------------------------|----------------------------------|--|-----------------------|
| 08:00 Claudia H | | 05:30 Jono | | | 07:30 Steve |
| | | 08:00 Leslie | | | |
| | 16:15 Steve | | 16:15 Christine Jono | | |
| | 17:45 Steve | | 17:45 Christine jono | | |



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

V. - 26 Apr 2018