



THE COUNTRY CLUB  
JOHANNESBURG

# AUCKLAND PARK GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30 <b>Pilates</b> Claudia H	06:30 <b>Bootcamp</b> Luyanda	09:00 <b>TRE Session</b> Garrick		06:30 <b>Cardio Pilates</b> Claudia	
	08:00 <b>Workout</b> Gale	09:45 <b>Movement Class</b> Thomas	07:15 <b>*Kettlebell Class</b> Thomas	08:00 <b>Workout</b> Gale	09:00 <b>Garden Yoga</b> Lucy Weather Permitting
	11:00 <b>Seniors Class</b> Luyanda		08:45 <b>Stretch Class</b> Sue	10:30 <b>Turbo Tennis</b> Jason	
	17:30 <b>Social Run</b> Claudia				
18:00 <b>Yoga</b> Lucy	18:00 <b>*Kettlebell Class</b> Thomas	18:00 <b>Yoga</b> 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 <b>Claudia H</b>		05:30 <b>Jono</b>			07:30 <b>Steve</b>
		08:00 <b>Leslie</b>			
	16:15 <b>Steve</b>		16:15 <b>Christine   Monica</b>		
	17:45 <b>Steve</b>		17:45 <b>Christine   Monica</b>		

