



THE COUNTRY CLUB  
JOHANNESBURG

# WOODMEAD GYM SCHEDULE

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

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

# SPINNING

	05:30 <b>Mel</b>		05:30 <b>Mel</b>		07:00 <b>Mathilda</b>
18:05 <b>Mel</b>			18:00 <b>Christine</b>		



Contact Claudia for more information  
[claudiar@ccj.co.za](mailto:claudiar@ccj.co.za) | 082 802 2610

V. - 5 July 2018