



THE COUNTRY CLUB  
JOHANNESBURG



# GYM CLASSES SCHEDULE



**KEY: GREEN = AUCKLAND PARK(\*PAID CLASS) | RED = WOODMEAD(\*PAID CLASS)**  
**CLASSES END: 14 DECEMBER AND WILL RESUME 13 JANUARY**

MON	TUE	WED	THU	FRI	SAT
06:15 <b>PILATES (INDOOR)</b> DAGMAR	06:00 <b>BOOTCAMP (OUTDOOR)</b> NDIPIWE	05:45 <b>SPINNING (OUTDOOR)</b> MEL	07:15 <b>PILATES (OUTDOOR)</b> DAGMAR	06:00 <b>BOOTCAMP (OUTDOOR)</b> NDIPIWE	07:30 <b>SPINNING (INDOOR)</b> MONICA
08:00 <b>SPINNING (INDOORS)</b> LESLIE	07:00 <b>*BOXERCISE</b> AKANI	08:00 <b>SPINNING (INDOOR)</b> LESLIE	09:45 <b>STRETCH (OUTDOOR)</b> SUE	09:45 <b>AQUATICS</b> SUE	08:30 <b>YOGA (OUTDOOR)</b> KARIMA
09:30 <b>GOLF SPECIFIC EXERCISES (OUTDOOR)</b> VIV	07:15 <b>PILATES (OUTDOOR)</b> VIV	09:45 <b>STRETCH</b> SUE	16:15 <b>STAFF SPINNING</b> STEVE	11:00 <b>SENIORS CLASS (OUTDOOR)</b>	09:00 <b>YOGA (INDOORS)</b> MARINA
13:00 <b>*SWIMMING LESSONS</b>	08:00 <b>MOVEMENT (INDOOR)</b> GAIL	17:30 <b>YOGA (INDOOR)</b> DINA	17:30 <b>SPINNING (INDOORS)</b> STEVE		
17:30 <b>PILATES (OUTDOOR)</b> VIV	13:00 <b>*SWIMMING LESSONS</b>	17:30 <b>YOGA (INDOORS)</b> DENISE	17:30 <b>*PILATES (INDOOR)</b> DAGMAR		
17:30 <b>YOGA (INDOORS)</b> JANET	11:00 <b>SENIORS CLASS (OUTDOOR)</b>				
18:00 <b>SPINNING (OUTDOOR)</b> MEL	17:30 <b>BREATHING/RELAXATION</b> TAZ				
	17:30 <b>SPINNING (INDOOR)</b> STEVE				

Join our online community: <https://www.facebook.com/groups/CCJMembers/>

Bookings essential online, via the app or by calling reception.

Cancellations must be made 24hrs before the session.

\*Outdoor sessions are weather dependent, should weather not allow the session will be moved into a suitable indoor venue if available.

Please note classes indicated with a "\*" are charged for except for online classes.

Contact Luyanda for more information

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