



# GYM

## CLASSES

### SCHEDULE



**KEY: GREEN = AUCKLAND PARK(\*PAID CLASS) | RED = WOODMEAD(\*PAID CLASS)**  
**COMMENCING JUNE**

#### MON

06:15  
PILATES (INDOOR)  
DAGMAR

08:00  
SPINNING (INDOORS)  
LESLIE

09:30  
GOLF SPECIFIC  
EXERCISES  
(INDOOR)  
VIV

09:45  
CONDITIONING  
SUE NEL

13:00  
\*SWIMMING CLASS  
GARTH

17:30  
PILATES (INDOOR)  
VIV

17:30  
YOGA (INDOORS)  
JANET

18:00  
SPINNING (INDOOR)  
MEL

#### TUE

06:00  
BOOTCAMP (INDOOR)  
NEO

07:15  
PILATES (INDOOR)  
VIV

09:30  
MOVEMENT (INDOOR)  
BRIONY

11:00  
SENIORS CLASS  
(INDOOR)

17:30  
BREATHING/RELAXATION  
TAZ

17:30  
SPINNING (INDOOR)  
STEVE

#### WED

05:45  
SPINNING (INDOOR)  
MEL

08:00  
SPINNING (INDOOR)  
LESLIE

09:30  
STRETCH  
SUE

17:30  
YOGA (INDOOR)  
SAJIV

17:30  
YOGA (INDOORS)  
MARINA

#### THU

07:00  
\*BOXERCISE  
AKANI

07:15  
PILATES (INDOOR)  
DAGMAR

09:45  
STRETCH (INDOOR)  
SUE

16:15  
STAFF SPINNING  
STEVE

17:30  
SPINNING (INDOORS)  
STEVE

17:30  
\*PILATES (INDOOR)  
DAGMAR

#### FRI

06:00  
STRENGTH &  
CONDITIONING  
ZENZI

11:00  
SENIORS CLASS  
(INDOOR)

#### SAT

07:30  
SPINNING (INDOOR)  
MONICA

08:30  
YOGA (INDOOR)  
KARIMA

09:00  
YOGA (INDOORS)  
MARINA

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 to a suitable indoor venue if available.

Contact Sibusiso for more information  
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