



THE COUNTRY CLUB  
JOHANNESBURG



# GYM CLASSES SCHEDULE



**KEY: BROWN = ONLINE | GREEN = AUCKLAND PARK | RED = WOODMEAD**  
**COMMENCING MARCH 2024**

## MON

06:15

**PILATES (INDOOR)**  
DAGMAR

08:00

**SPINNING (INDOORS)**  
LESLIE

09:30

**GOLF SPECIFIC  
EXERCISES  
(OUTDOOR)**  
VIV

09:45

**AQUA/CONDITIONING**  
SUE

13:00

**SWIMMING CLASS\***  
GARTH

17:30

**PILATES (OUTDOOR)**  
VIV

17:30

**YOGA (OUTDOOR)**  
LUCY

18:00

**SPINNING (OUTDOOR)**  
MEL

## TUE

06:00

**BOOTCAMP (OUTDOOR)**

07:15

**PILATES (OUTDOOR)**  
VIV

08:00

**MOVEMENT (INDOOR)**  
GAIL

11:00

**SENIORS CLASS  
(OUTDOOR)**

13:00

**SWIMMING CLASS\***  
GARTH

16:00

**KID'S YOGA (OUTDOOR)**  
MIAKE

16:00

**JUNIOR TRACK  
AGES 6 - 12 YRS**

17:30

**BREATHING/RELAXATION**

17:30

**SPINNING (INDOOR)**  
STEVE

## WED

05:45

**SPINNING (OUTDOOR)**  
MEL

08:00

**SPINNING (INDOOR)**  
LESLIE

17:30

**YOGA (OUTDOOR)**  
LUCY

17:30

**YOGA (OUTDOOR)**  
DENISE

## THU

07:15

**PILATES (OUTDOOR)**  
DAGMAR

09:45

**STRETCH (OUTDOOR)**  
SUE

16:15

**STAFF SPINNING**

17:30

**SPINNING (INDOORS)**

## FRI

06:00

**BOOTCAMP (OUTDOOR)**

09:45

**AQUA/CONDITIONING**  
SUE

11:00

**SENIORS CLASS  
(OUTDOOR)**

## SAT

07:30

**SPINNING (INDOOR)**  
MONICA

08:30

**YOGA (OUTDOOR)**  
LUCY

09:00

**YOGA (OUTDOOR)**  
MARINA

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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