



THE COUNTRY CLUB  
JOHANNESBURG



# GYM CLASSES SCHEDULE



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

## MON

06:15

**PILATES (INDOOR)**  
DAGMAR

08:00

**SPINNING (INDOORS)**  
LESLIE

09:30

**GOLF SPECIFIC  
EXERCISES  
(OUTDOOR)**  
VIV

13:00

**\*SWIMMING LESSONS**

17:30

**PILATES (OUTDOOR)**  
VIV

17:30

**YOGA (INDOORS)**  
JANET

18:00

**SPINNING (OUTDOOR)**  
MEL

## TUE

06:00

**BOOTCAMP (OUTDOOR)**  
NDIPIWE

07:00

**\*BOXERCISE**  
AKANI

07:15

**PILATES (OUTDOOR)**  
VIV

08:00

**MOVEMENT (INDOOR)**  
GAIL

13:00

**\*SWIMMING LESSONS**

11:00

**SENIORS CLASS  
(OUTDOOR)**

17:30

**BREATHING/RELAXATION**  
TAZ

17:30

**SPINNING (INDOOR)**  
STEVE

## WED

05:45

**SPINNING (OUTDOOR)**  
MEL

08:00

**SPINNING (INDOOR)**  
LESLIE

09:30

**STRETCH**  
SUE

17:30

**YOGA (INDOOR)**  
DINA

17:30

**YOGA (INDOORS)**

## THU

07:15

**PILATES (OUTDOOR)**  
DAGMAR

09:45

**STRETCH (OUTDOOR)**  
SUE

16:15

**STAFF SPINNING**  
STEVE

17:30

**SPINNING (INDOORS)**  
STEVE

17:30

**\*PILATES (INDOOR)**  
DAGMAR

## FRI

06:00

**BOOTCAMP (OUTDOOR)**  
NDIPIWE

09:45

**AQUATICS**  
SUE

11:00

**SENIORS CLASS  
(OUTDOOR)**

07:30

**SPINNING (INDOOR)**  
MONICA

08:30

**YOGA (OUTDOOR)**  
KARIMA

09:00

**YOGA (INDOORS)**  
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

luyandam@ccj.co.za | 082 779 9407