



GYM CLASSES SCHEDULE



KEY: BROWN = ONLINE | GREEN = AUCKLAND PARK | RED = WOODMEAD
COMMENCING DECEMBER 2023

MON	TUE	WED	THU	FRI	SAT
06:15 PILATES (INDOOR) DAGMAR	06:00 BOOTCAMP (OUTDOOR) COURTENAY	05:45 SPINNING (OUTDOOR) MEL		06:00 BOOTCAMP (OUTDOOR) COURTENAY	07:30 SPINNING (INDOOR) MONICA
08:00 SPINNING (INDOORS) LESLIE	07:15 PILATES (OUTDOOR) VIV	06:00 (INDOOR) HIIT WORKOUT NOMBULELO	07:15 PILATES (OUTDOOR) DAGMAR	09:45 AQUA/ CONDITIONING SUE	08:30 YOGA (OUTDOOR) LUCY
09:30 GOLF SPECIFIC EXERCISES (OUTDOOR) VIV	08:00 MOVEMENT (INDOOR) GAIL	08:00 SPINNING (INDOOR) LESLIE	09:45 STRETCH (OUTDOOR) SUE	11:00 SENIORS CLASS (OUTDOOR)	09:00 YOGA (OUTDOOR) MARINA
09:45 AQUA/CONDITIONING SUE	11:00 SENIORS CLASS (OUTDOOR)	12:30 YOGA FUNCTIONAL* STRETCH THOMAS			
13:00 SWIMMING CLASS* GARTH	13:00 SWIMMING CLASS* GARTH	17:30 YOGA (OUTDOOR) LUCY	16:00 ACTIVE KID'S CAMP (OUTDOOR) AGES 5 - 8 YRS		
17:15 PILATES (OUTDOOR) VIV	16:00 KID'S YOGA (OUTDOOR) MIAKE	17:30 YOGA (OUTDOOR) DENISE	16:15 STAFF SPINNING		
17:30 YOGA (OUTDOOR) LUCY	16:00 JUNIOR TRACK AGES 6 - 12 YRS		17:30 SPINNING (INDOORS)		
18:00 SPINNING (OUTDOOR) MEL	17:30 BREATHING/RELAXATION		17:30 947 SPINNING MEL		
	17:30 SPINNING (INDOOR) STEVE				

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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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