



THE COUNTRY CLUB
JOHANNESBURG



GYM CLASSES SCHEDULE



KEY: GREEN = AUCKLAND PARK(*PAID CLASS) | RED = WOODMEAD(*PAID CLASS)
COMMENCING JULY 2024

MON

06:15

PILATES (INDOOR)
DAGMAR

08:00

SPINNING (INDOORS)
LESLIE

09:30

**GOLF SPECIFIC
EXERCISES
(OUTDOOR)**
VIV

09:45

CONDITIONING
SUE

17:30

PILATES (OUTDOOR)
VIV

17:30

YOGA (INDOORS)
JANET

18:00

SPINNING (OUTDOOR)
MEL

TUE

06:00

BOOTCAMP (OUTDOOR)

07:00

***BOXERCISE**
AKANI

07:15

PILATES (OUTDOOR)
VIV

08:00

MOVEMENT (INDOOR)
GAIL

11:00

**SENIORS CLASS
(OUTDOOR)**

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 (INDOOR)
DINA

17:30

YOGA (INDOORS)
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

CONDITIONING
SUE

11:00

**SENIORS CLASS
(OUTDOOR)**

07:30

SPINNING (INDOOR)
MONICA

09:00

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