



# GYM CLASSES SCHEDULE



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

| MON  | TUE   | WED  | THU  | FRI   | SAT   |
|--|---|--|--|---|---|
| 06:15<br><b>PILATES (INDOOR)</b><br>DAGMAR                 | 06:00<br><b>BOOTCAMP (OUTDOOR)</b><br>COURTENAY       | 05:45<br><b>SPINNING (OUTDOOR)</b><br>MEL          | 07:00 (INDOOR)<br><b>KETTLEBELL CARDIO*</b><br>THOMAS      | 06:00<br><b>BOOTCAMP (OUTDOOR)</b><br>COURTENAY | 07:30<br><b>SPINNING (INDOOR)</b><br>MONICA |
| 08:00<br><b>SPINNING (INDOORS)</b><br>LESLIE               | 07:15<br><b>PILATES (OUTDOOR)</b><br>VIV              | 06:00 (INDOOR)<br><b>HIIT WORKOUT</b><br>NOMBULELO | 07:15<br><b>PILATES (OUTDOOR)</b><br>DAGMAR                | 09:45<br><b>AQUA/ CONDITIONING</b><br>SUE       | 08:30<br><b>YOGA (OUTDOOR)</b><br>LUCY      |
| 09:45<br><b>AQUA/CONDITIONING</b><br>SUE                   | 08:00<br><b>MOVEMENT (INDOOR)</b><br>GAIL             | 08:00<br><b>SPINNING (INDOOR)</b><br>LESLIE        | 09:45<br><b>STRETCH (OUTDOOR)</b><br>SUE                   | 11:00<br><b>SENIORS CLASS (OUTDOOR)</b>         | 09:00<br><b>YOGA (OUTDOOR)</b><br>MARINA    |
| 10:00<br><b>GOLF SPECIFIC EXERCISES (OUTDOOR)</b><br>CHRIS | 11:00<br><b>SENIORS CLASS (OUTDOOR)</b>               | 12:30<br><b>YOGA FUNCTIONAL* STRETCH</b><br>THOMAS | 11:45 (INDOOR)<br><b>ACTIVE AGER*</b><br>THOMAS            |   |   |
| 13:00<br><b>SWIMMING CLASS*</b><br>GARTH                   | 13:00<br><b>SWIMMING CLASS*</b><br>GARTH              | 17:30<br><b>YOGA (OUTDOOR)</b><br>LUCY             | 16:00<br><b>ACTIVE KID'S CAMP (OUTDOOR) AGES 5 - 8 YRS</b> |   |   |
| 17:15<br><b>PILATES (OUTDOOR)</b><br>VIV                   | 16:00<br><b>KID'S YOGA (OUTDOOR)</b><br>MIAKE         | 17:30<br><b>YOGA (OUTDOOR)</b><br>DENISE           | 16:15<br><b>STAFF SPINNING</b>                             |   |   |
| 17:30<br><b>YOGA (OUTDOOR)</b><br>LUCY                     | 16:00<br><b>JUNIOR TRACK AGES 6 - 12 YRS</b>          |  | 17:30<br><b>SPINNING (INDOORS)</b>                         |   |   |
| 18:00<br><b>SPINNING (OUTDOOR)</b><br>MEL                  | 17:30<br><b>BREATHING/RELAXATION</b>                  |  | 17:30<br><b>947 SPINNING</b><br>MEL                        |   |   |
|  | 17:30<br><b>SPINNING (INDOOR)</b><br>STEVE            |  |  |   |   |
|  | 18:00 (INDOOR)<br><b>KETTLEBELL CARDIO*</b><br>THOMAS |  |  |   |   |

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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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