



THE COUNTRY CLUB
JOHANNESBURG

AUCKLAND PARK SPORTS SCHEDULE

Gym						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 Pilates Claudia H	06:30 Bootcamp Luyanda			06:30 Cardio Pilates Claudia		
	08:00 Workout Gale	09:45 (no charge) Kettlebell Class Thomas	07:15 Kettlebell Class Thomas	08:00 Workout Gale	09:00 Garden Yoga Lucy	
	11:00 Seniors Class Luyanda		13:00 Stretch Aqua Class Sue			
18:00 Yoga Lucy	18:00 Kettlebell Class Thomas	18:00 Yoga Lucy				
Kettlebell Class		Thomas Witt - thomaskurtwitt@gmail.com 082 882 1631 (extra cost to members)				
Garden Yoga		Weather permitting				
Spinning						
08:00 Claudia H	16:15 Steve	05:30 Jono	16:15 Jono Monica		07:30 Steve	
	17:45 Steve	08:00 Leslie	17:45 Jono Monica			
Running						
	17:30 Group Run					
Squash						
17:30 - 19:30 Social Squash	09:00 - 10:00 Social Squash	09:00 - 10:00 TRE Sessions	09:00 - 10:00 Social Squash			
Tennis						
				10:30 - 11:30 Turbo Tennis		08:30 Men's League
17:30 Men's Social	18:00 Mixed Social					13:30 Ladies League



Contact Claudia for more information
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V. - 16 Nov. 2018