



THE COUNTRY CLUB
JOHANNESBURG

WOODMEAD SPORTS SCHEDULE

Gym Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 Ladies Golf Workout Chris	07:30 Pilates Carren		07:30 Pilates Carren	06:30 Sunrise Yoga Marina		
11:00 Men's Golf Workout Chris					09:00 Pilates Desiree	
17:00 Pilates Viv		17:30 Yoga Sarah				
Pilates		Carren Hughes - carren@wellwoman.co.za 082 327 0266 (extra cost to member)				
Spinning Schedule						
	05:30 Mathilda		05:30 Mel			
18:05 Mel			18:00 Christine			
Running Schedule						
		18:00 Time Trial	17:30 Track Sessions			
Squash Schedule						
05:30 - 06:30 Member Social Play	05:30 - 06:30 Member Social Play	05:30 - 06:30 Member Social Play	05:30 - 06:30 Member Social Play	05:30 - 06:30 Member Social Play		
17:30 - 19:30 Social Squash	11:00 - 12:00 Social Squash	11:00 - 12:00 TRE Sessions	11:00 - 12:00 Social Squash			
Tennis Schedule						
						08:30 Men's League
17:30 Men's Social						13:30 Ladies League



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