



THE COUNTRY CLUB  
JOHANNESBURG

# WOODMEAD SPORTS SCHEDULE

Gym Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 <b>Ladies Golf Workout</b> Chris	07:30 <b>*Pilates</b> Viv		07:15 <b>*Pilates</b> Dagmare	06:30 <b>Sunrise Yoga</b> Marina		
11:00 <b>Men's Golf Workout</b> Chris					09:00 <b>Pilates</b> Desiree	
17:00 <b>Pilates</b> Viv		17:30 <b>Yoga</b> Sarah				
Pilates		Claudia - claudiar@ccj.co.za   082 802 2610 *Tuesday and Thursday lasses incur an additional cost.				
Spinning Schedule						
	05:30 <b>Mathilda</b>		05:30 <b>Mel</b>			
18:05 <b>Mel</b>			18:00 <b>Christine</b>			
Running Schedule						
		18:00 <b>Time Trial</b>	17:30 <b>Track Sessions</b>			
Squash Schedule						
05:30 - 06:30 <b>Member Social Play</b>	05:30 - 06:30 <b>Member Social Play</b>	05:30 - 06:30 <b>Member Social Play</b>	05:30 - 06:30 <b>Member Social Play</b>	05:30 - 06:30 <b>Member Social Play</b>		
17:30 - 19:30 <b>Social Squash</b>	11:00 - 12:00 <b>Social Squash</b>	11:00 - 12:00 <b>TRE Sessions</b>	11:00 - 12:00 <b>Social Squash</b>			
Tennis Schedule						
						08:30 <b>Men's League</b>
17:30 <b>Men's Social</b>						13:30 <b>Ladies League</b>



Contact Claudia for more information  
claudiar@ccj.co.za | 082 802 2610

V. - 16 Nov. 2018