



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		
10:00 Movement for a Better Life Thomas	08:00 Workout Gale	09:45 (no charge) Movement Class Thomas	07:15 Kettlebell Class Thomas	08:00 Workout Gale	09:00 Garden Yoga Lucy	
	11:00 Seniors Class Luyanda		09:45 Stretch Aqua Class Sue	11:00 Seniors Class Luyanda		
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						
18:00 Group Run						
Squash						
17:30 - 19:30 Social Squash	17:30 Doubles Squash	18:00 Mystery Wednesday	15:30 JNR Squad Training		09:00 Mini Squash	
Tennis						
			18:00 Social	10:30 - 11:30 Turbo Tennis		



Contact Claudia for more information
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V. - Sept. 2019