



THE COUNTRY CLUB
JOHANNESBURG

ONLINE & OUTDOOR CLASSES SCHEDULE

KEY: GOLD = ONLINE | GREEN = AUCKLAND PARK | RED = WOODMEAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:30 Pilates Claudia H	07:30 Pilates (indoor) Viv	06:00 Spinning (indoor) Mel	07:00 Pilates Dagmar		07:00 Spinning (indoor)
10:00 Golf Specific Exercises (outdoor) Chris	11:00 Seniors Class Luyanda	08:00 Spinning (indoor) Leslie	09:45 Stretch (indoor) Sue	11:00 Seniors Class (outdoor) Luyanda	09:30 Yoga (outdoor) Lucy
18:00 Yoga (indoor) Lucy	17:00 Bootcamp (outdoor) Luyanda	12:45 Movement Class Thomas	12:45 Social Stretch Thomas		09:30 Yoga (outdoor) Marina
18:00 Spinning (indoor) Mel	17:00 Kid's Camp (outdoor) Xolane	17:30 Yoga Denise	17:00 Bootcamp (outdoor) Luyanda		
	17:30 Spinning (indoor)		17:00 Kid's Camp (outdoor) Xolane		

Join our online community: <https://www.facebook.com/groups/CCJMembers/>

The Club will ensure the correct spacing and sanitation facilities will be available. All members will be required to bring their own equipment including towels/ water bottles for sessions. CCJ will have sanitised mats available for those who need. Kindly note the Vitality machine is unavailable until the gym can reopen.

Bookings essential with Luyanda | 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.*



Contact Luyanda for more information
luyandam@ccj.co.za | 082 779 9407