



THE COUNTRY CLUB
JOHANNESBURG

ONLINE & OUTDOOR CLASSES SCHEDULE

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

Commencing Monday 7 September

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		07:30 Spinning (indoor)
	08:00 Movement (indoor) Gail	08:00 Spinning (indoor) Leslie	09:45 Stretch (indoor) Sue		09:00 Yoga (outdoor) Lucy
10:00 Golf Specific Exercises (outdoor) Chris	11:00 Seniors Class Luyanda (online and onsite)			11:00 Seniors Class (outdoor) Luyanda	09:00 Yoga (outdoor) Marina
18:00 Yoga (indoor) Lucy	17:00 Bootcamp (outdoor) Luyanda	12:45 Movement Class Thomas	12:45 Social Stretch Thomas		
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 sanitisation 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.

Bookings essential online, via the app or by calling Reception
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