



THE COUNTRY CLUB
JOHANNESBURG

ONLINE & OUTDOOR CLASSES SCHEDULE

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

COMMENCING APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:30 Pilates (Outdoor) Claudia H	07:15 Pilates (outdoor) Viv		07:15 Pilates (outdoor)	06:30 Pilates Claudia H	09:00 Yoga (outdoor) Lucy
	08:00 Movement (indoor) Gail		09:45 Stretch (indoor) Sue	09:45 Aqua (outdoor) Sue	09:00 Yoga (outdoor) Marina
10:00 Golf Specific Exercises (outdoor) Chris	11:00 Seniors Class (outdoor) Luyanda	12:45 Functional Strength Thomas	12:45 Yoga Functional Stretch Thomas	11:00 Seniors Class (outdoor) Luyanda	
	16:00 Bootcamp (outdoor) Luyanda				
	16:00 Active Kid's Camp (outdoor) Ages 5 - 8 yrs Xolane	17:00 Yoga Sipho			
	16:45 Active Kid's Camp (outdoor) Ages 9 - 14 yrs Xolane	17:30 Yoga (outdoor) Marina	16:00 Active Kid's Camp (outdoor) Ages 5 - 8 yrs Xolane		
17:15 Swimming (Outdoor)	17:00 Bootcamp (outdoor) Luyanda	17:30 Yoga (outdoor) Lucy	16:45 Active Kid's Camp (outdoor) Ages 9 - 14 yrs Xolane		
17:30 Yoga (outdoor) Lucy	17:15 Swimming (outdoor) Grant				

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