

GROUP FITNESS TRAINING SCHEDULE
MONDAY TO SUNDAY 14th SEPT - 20th SEPT

SPINNING

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08H00	Christine		Charmaine			Swilly	
16H00							
16H45							
17H15	Bernice		Christine				

AQUA

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08h10			Robyn		Debbie	Gail	
17H30			Rose				

AEROBICS

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05H00							
CLASS							
08H00	Lungelo	Swilly		Charmaine	Christine		
CLASS	HIIT	Legs, Bums & Tums		Stretch	Step & Tone		
09H00	Charmaine						
CLASS	Stretch						
12H00							
CLASS							
13H00							
CLASS							
16H30	Margaret			Charmaine			
CLASS	Step			Stretch			
17H30		Charmaine					
CLASS		Stretch					
18H30							
CLASS							