

Please be informed that every **MONDAY** morning is maintenance day & there will be men present in the club from 8am to 2pm

Class Bookings are required three (3) days in advance (No phone call bookings for non-members)

All classes are subject for availability and late comers will not be permitted to attend the class

studio three



SUN	09:45 - ANCA	17:30 - TITIA
MON	08:15 - FIONA	10:30 - AMBER
TUE	EXPRESS 08:45 - TITIA	
WED	8:30 - ISABELLE	10:00 - ANCA
		EXPRESS 17:30 - TITIA
THU	10:00 - AMBER	
SAT	09:00 - DEANNE	



SUN	09:30 - CHRISTINA	ZUMBA 10:45 ZUMBERA JESS	19:00 - SYLVIA
MON			
TUE	09:00 - JACKIE		
WED	09:30 - CHRISTINA	18:00 - JACKIE	
THU	AQUA FLOW 10:00 - CHRISTINA		
SAT	09:00 - MICHELLE		

BOOKING IS ESSENTIAL

JANUARY 8TH, 2012



FITNESS CLASS SCHEDULE

Studio One

SUNDAY

CXWORX

07:45 - ANNIE

BODYPUMP

08:30 - ANCA

BOOKING ESSENTIAL

SH'BAM

09:45 - ANNIE

BODYCOMBAT

10:45 - MAIKEN

ZUMBA

12:00 - CHARLOT

CORE POWER

17:00 - GLADYS

BODYSTEP

17:30 - GLADYS

COMBO

BODYPUMP **CXWORX**

18:45 - TITIA

BODYJAM

20:00 - HAMDA

MONDAY

BODYSTEP

08:15 - ANNIE

CXWORX

09:20 - ANNIE

BOYBALANCE

09:50 - ANNIE

BODYPUMP

11:00 - LESLEY

KIDS

BALLET for KIDS

Group 1
03:45 - 04:30

Group 2
04:30 - 05:30

BODYCOMBAT

17:30 - ANCA

BODYATTACK

18:30 - HAMDA

SH'BAM

19:30 - HAMDA

TUESDAY

BODYCOMBAT

08:15 - STEFANI

CXWORX

09:15 - STEFANI

BODYPUMP

09:50 - TITIA

SH'BAM

10:55 - ANNIE

ZUMBA

12:00 - ZUMBERA JESS

BODYPUMP

17:30 - SALINA

BODYSTEP

18:30 - ANNIE

CXWORX

19:30 - ANNIE

WEDNESDAY

CXWORX

07:45 - LESLEY

BODYATTACK

08:30 LESLEY

BOYBALANCE

09:45 GLADYS

BODYJAM

11:00 STEFANI

KIDS

PUPPY AKAABA

A fun gross motor program for

16:00
6 months to 2 years old

16:30
2-4 years old

CXWORX

18:15 TITIA

BODYCOMBAT

18:45 - HAMDA

BUMS & TUMS

20:00 - HAMDA

THURSDAY

BODYPUMP

08:15 AMBER

BOOKING ESSENTIAL

CXWORX

09:20 AMBER

BODYCOMBAT

09:55 STEFANI

COMBO

BODYPUMP **CXWORX**

11:00 LESLEY

KIDS

BALLET for KIDS

Group 1
03:45 - 04:30

Group 2
04:30 - 05:30

BODYPUMP

17:45 OLGA G

ZUMBA

19:00 KELLY

from 12th

SATURDAY

BODYPUMP

09:00 OLGA G.

BODYCOMBAT

10:00 OLGA G.

BOYBALANCE

11:10 GOLI

ZUMBA

12:15 KELLY

From 14th

BELLY DANCING

13:15 DAIANAZ

BOOKING ESSENTIAL

HIP HOP KIDS

16:00 - KAMILLA

FATBURNER

17:30 OLGA D

CORE POWER

18:30 OLGA D

ZUMBA

19:00 - CHARLOT

SUNDAY

PILATES

08:30 POOPAK

BODYLIFT

09:40 POOPAK

VINYASA YOGA

11:15 CHRISTINA

HATHA YOGA

18:00 MARCELENNE

BELLY DANCING

19:10 SHAYMA

MONDAY

PILATES

09:00 - TITIA

BELLY DANCING

10:10 SHAYMA

CXWORX

11:30 AMBER

PILATES

18:00 KHADIJA

POWER YOGA

19:15 KHADIJA

TUESDAY

FATBURNER

08:30 - OLGA D

STRETCHING

09:30 - OLGA D

HATHA YOGA

10:15 - MARCELENNE

VINYASA YOGA

17:30 - CHRISTINA

BOYBALANCE

18:40 SALINA

WEDNESDAY

STRETCHING

8:30 GLADYS

POWER YOGA

10:00 STEFANI

HATHA YOGA

18:00 MARCELENNE

PILATES

19:15 KHADIJA

THURSDAY

BELLY DANCING

8:30 SHAYMA

PILATES

09:30 TITIA

CXWORX

10:40 TITIA

BELLY DANCING

14:30 SHAYMA

11-17 years old

KIDS

SATURDAY

POWER YOGA

10:00 KHADIJA

SAISA LATIN DANCE PARTY

11:15 ANITA

11-17 years old

SAISA LATIN DANCE PARTY

17:15 KAMILLA

Outdoor / craft room / art centre