

SSISA WELLNESS AND FITNESS CENTRE GROUP CLASS TIMETABLE 2018

DAY	TIME	POOL	FITNESS CENTRE	BLUE FLOOR	STUDIO	
MON DAY	06h00			Boot Camp (OUTDOORS-Ntsamaise) ★★★★★	Pilates Orientation* (Claudia)	
	06h30	Aqua (Julie - 45min) ★	Keep Fit (Dean) ★★★ Spinning* (Rayno - 45min)	Aerobics (Luke) ★★	Yoga* (Groschaan - 90min) ★★★	
	07h00		Prime Time Class (Lamees) ★			
	08h00		Keep Fit (Dean) ★★★			
	08h30	Aqua (Karen - 1hr) ★★	Body Sculpt (Yusuf) ★★		Pilates* (Philippa) ★★	
	09h30	Hydro (Kyle - 45min) ★			Pilates* (Philippa) ★★	
	10h00		Instructor's Choice (Yusuf) ★★	Pezzi & Stretch (Tia) ★★		
	10h30				Pilates* (Warren) ★★	
	12h30				Yoga* (Groschaan - 90min) ★★	
	13h00	Aqua (Karen - 1hr) ★★				
	16h30				Pilates* (Warren) ★	
	17h30		1. Track Class (Rayno) ★★★★★ Spinning* (Dillan - 60min)	Step (Esmé - 45min) ★	Pilates* (Warren) ★	
	18h30		Keep Fit (Grace) ★★		Pilates* (Warren) ★★	
	TUESDAY	06h30		Tone & Walk (Michael) ★★		Pilates* (Tamsyn) ★★★
		07h00		Prime Time Class (Lamees) ★		
		07h30				Pilates* (Tamsyn) ★★
		08h00		Spinning* (Marikus - 45 min) Keep Fit (Rayno) ★★★		
		08h30		Keep Fit (Ntsamaise) ★★		
09h30		Aqua (Karen - 1hr) ★★			Gyrokinesis* (Philippa) ★	
10h00			Instructor's Choice (Yusuf) ★★			
10h30					Pilates* (Philippa) ★★★	
11h15			Prime Time (Lamees - 45 min) ★			
11h30					Pilates* (Philippa) ★	
12h00		Hydro (Nzali - 45min) ★	Spinning* (Chris - 45min)			
12h30					Yoga* (Groschaan - 90min) ★★	
13h00						
14h45					Yoga* (Groschaan - 60min) ★★	
16h30					Pilates* (Warren) ★★	
17h30			Tone and Walk (Casey) ★★	2. Functional Fitness (Ghieyaath) ★★★★★ SSISUMBA (Avril) ★★	Pilates* (Groschaan) ★★	
18h30					Yoga* (Lene - 90min) ★★	
WEDNESDAY		06h00		Spinning* (Dillan - 45min)	Boot Camp (OUTDOORS-Ntsamaise) ★★★★★	
	06h30	Aqua (Julie - 1hr) ★	Keep Fit (Casey) ★★★	Step (Luke) ★★	Pilates* (Warren) ★★★	
	07h00		Prime Time Class (Yusuf)			
	07h30				Yoga* (Brigitta) ★★	
	08h00		Keep Fit (Michael) ★★★			
	08h30	Aqua (Karen - 1hr) ★★	Body Sculpt (Tia) ★★			
	09h30	Hydro (Casey - 45min) ★				
	10h00		Instructor's Choice (Lamees) ★★		Gyrokinesis* (Philippa) ★★	
	11h00				Pilates* (Philippa) ★★	
	13h00	Aqua (Zoe- 1hr) ★★	Instructor's Choice (Dillan) ★★			
	16h30				Yoga* (Lene) ★	
	17h30		3. Track Class (Chloe) ★★★★★ Spinning* (Simone - 60min)	Instructor's Choice (Ntsamaise) ★★	Yoga* (Lene) ★★	
17h45		Keep Fit (Ntsamaise) ★★★	RIPT 4 All (Dean) ★★★★★	Pilates* (Warren) ★		
18h30				Pilates* (Bronwyn) ★		
THURSDAY	06h30		Tone & Walk (Claire) ★★		Pilates* (Claudia) ★★	
	07h00		Prime Time Class (Lamees) ★			
	07h30				Pilates* (Claudia) ★★	
	08h00		Keep Fit (Marikus) ★★★			
	08h30		Body Sculpt (Grace) ★★			
	09h00				Gyrokinesis* (Philippa) ★	
	09h30	Aqua (Karen - 1hr) ★★				
	10h00		Instructor's Choice (Kyle) ★★		Pilates* (Philippa) ★★	
	11h00				Yoga* (Warren) ★	
	11h15		Prime Time Class (Fallon/Waseem) ★			
	12h00	Hydro (Claire - 45min) ★	Spinning* (Simone - 45min)			
	12h30				Yoga* (Groschaan - 90min) ★★	
14h45				Yoga* (Groschaan - 60min) ★★		
16h30				Pilates* (Groschaan) ★★		
17h30		Tone & Walk (Nzali) ★★	Piloxing (Avril) ★★★ 4. Strong-2-Run (Chloe) ★★★★★	Pilates* (Warren) ★★		
18h30				Pilates Orientation* (Warren)		
FRIDAY	06h00		Spinning* (Caitlin) - 45min)	Boot Camp (OUTDOORS-Ntsamaise) ★★★★★	Pilates* (Warren) ★	
	06h30	Aqua (Marvin - 45min) ★	Super Circuit Kyle/Nzali) ★★★ Tone & Walk (Kyle/Nzali) ★★	Step (Luke) ★★ ★★ Fun Run (OUTDOORS - Niel) ★★★★★		
	07h00		Prime Time Class (Lamees) ★ Spinning* (Rachel - 45min)		Pilates* (Warren) ★	
	08h00		Spinning* (Marikus - 45min)	RIPT 4 All (Dean) ★★★★★	Pilates* (Warren) ★	
	08h30	Aqua (Karen - 1hr) ★★	Keep Fit (Casey) ★★			
	09h00				Yoga* (Alta) ★★ ★	
	09h30	Hydro (Rachel - 45min) ★				
	10h00		Instructor's Choice (Yusuf) ★★	Pezzi & Stretch (Tia) ★★ ★		
	10h30				Pilates* (Bronwyn) ★★ ★	
	11h30				Pilates* (Bronwyn) ★★	
	12h30				Pilates* (Warren) ★	
	SAT	08h00		Spinning* (Rotating Instructors - 60min)		Pilates* (Warren) ★
08h30			Keep Fit (Rotating Instructors) ★★★			
09h00					Yoga* (Lene) ★★	
09h30		Aqua (Rotating Instructors) ★				

PRIME TIME: caters only for members who have had any form of heart related condition or disease. Members are put through their paces in a controlled environment, using heart rate monitors and specifically during nurse hours.
Class Intensity: ★ Beginner ★★ Beginner/Intermediate ★★★ Intermediate ★★★★★ Advanced
POWERBURN Series ★★★★★: (1-4) - Mondays and Wednesdays 17h30 Track Class, Tuesday's 18h00 Functional Fitness and Thursday's 18h00 Strong-2-Run.

Please note: If you are unable to attend a class that you have booked for, please be considerate and call in to cancel. Class number's are limited and we would like to give everyone an equal opportunity to make use of these classes. Classes and/or instructors may change without notice. Public Holiday classes and times will be communicated to members in advance.



UNIVERSITY OF CAPE TOWN
 FORTHOORN CAMPUS - UNIVERSITY HALL QUARTERS

BOOT CAMP-Please meet biokineticist Ntsamaise outside the main entrance of the building 5 minutes prior to the start of the class, and be ready to run!