

SSISA WELLNESS AND FITNESS CENTRE GROUP CLASS TIMETABLE 2018

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

POWERUP Series: ★★★★★ (1-4) - Mondays and Wednesdays 17h30 Track Class, Tuesdays 17h30 Functional Fitness and Thursdays 17h30 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 numbers 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.



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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!