

SSISA WELLNESS AND FITNESS CENTRE GROUP CLASS TIMETABLE 2019

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 (Robert - 45min) ★	Instructor's Choice (Yusuf) ★★	Pezzi & Stretch (Tia) ★★		
	10h00				Pilates* (Warren) ★★	
	10h30				Yoga* (Groschaan - 90min) ★★	
	12h30	Aqua (Karen - 1hr) ★★			Pilates* (Warren) ★	
	13h00				Pilates* (Warren) ★	
	16h30				Pilates* (Warren) ★★	
	17h30		1. Track Class (Rayno) ★★★★★ Spinning* (Dillan - 60min) Keep Fit (Halefo) ★★		Pilates* (Warren) ★★	
	18h30		Tone & Walk (Michael) ★★	Strong - 2 - Run (Thulfieq)★★★★★	Pilates* (Robin) ★★	
	07h00		Prime Time Class (Suzana)★			
	07h30		Spinning* (Marikus - 45 min) Keep Fit (Rayno) ★★★ Keep Fit (Ntsamaise) ★★		Pilates* (Robin) ★★	
	08h00					
	08h30					
	09h30	Aqua (Karen - 1hr) ★★			Gyrokinesis* (Philippa) ★	
10h00		Instructor's Choice (Grace) ★★		Pilates* (Philippa) ★★		
10h30						
11h15		Prime Time (Lamees - 45 min) ★		Pilates* (Philippa) ★		
11h30						
12h00	Hydro (Nzali - 45min) ★	Spinning* (Chris - 45min)		Yoga* (Groschaan - 90min) ★★		
12h30						
13h00						
14h45				Yoga* (Groschaan - 60min) ★★		
16h30				Pilates* (Warren) ★★		
17h30		Tone and Walk (Zoe) ★★	2. Boxercise (Nerisha) ★★★★★ SSISUMBA (Avril) ★★	Pilates* (Groschaan) ★★		
18h30						
TUESDAY	06h00		Spinning* (Nzali - 45min)	Boot Camp (OUTDOORS-Ntsamaise) ★★★★★		
	06h30	Aqua (Julie - 1hr) ★	Keep Fit (Casey) ★★★ Prime Time Class (Nzali)	Step (Luke) ★★	Pilates* (Warren) ★★★	
	07h00				Yoga* (Brigitta) ★★	
	07h30		Keep Fit (Zoe) ★★★			
	08h00		Body Sculpt (Tia) ★★			
	08h30	Aqua (Karen - 1hr) ★★				
	09h30	Hydro (Grace - 45min) ★	Instructor's Choice (Lamees) ★★	Modern Dance (Caitlin)★★	Gyrokinesis* (Philippa) ★★ Pilates* (Philippa) ★★	
	10h00					
	10h30	Aqua (Zoe- 1hr) ★★	Instructor's Choice (Dillan) ★★			
	11h00					
	11h30					
	13h00				Yoga* (Lene) ★	
	16h30				Yoga* (Lene) ★★	
	17h30		3. Track Class (Caitlin) ★★★★★ Spinning* (Simone - 60min) Keep Fit (Ntsamaise) ★★★	Instructor's Choice (Ntsamaise) ★★		
	17h45		Tone & Walk (Claire) ★★	RIPT 4 All (Dean) ★★★★★	Pilates* (Warren) ★	
	18h30		Prime Time Class (Grace) ★	Boxercise (Grant)★★★★★	Pilates* (Bronwyn) ★	
	WEDNESDAY	06h30		Keep Fit (Marikus) ★★★ Body Sculpt (Grace) ★★		Pilates* (Claudia) ★★
		07h00				
07h30						
08h00						
08h30		Aqua (Karen - 1hr) ★★			Gyrokinesis* (Philippa) ★	
09h00						
09h30			Instructor's Choice (Nerisha) ★★		Pilates* (Philippa) ★★ Yoga* (Warren) ★	
10h00						
11h00			Prime Time Class (Suzana) ★			
11h15						
12h00		Hydro (Claire - 45min) ★	Spinning* (Simone - 45min)		Yoga* (Groschaan - 90min) ★★ Yoga* (Groschaan - 60min) ★★	
12h30					Pilates* (Groschaan) ★★	
14h45						
16h30					Pilates* (Warren) ★★	
17h30			Tone & Walk (Robert) ★★	4. Strong-2-Run (Thulfieq) ★★★★★	Pilates Orientation* (Warren)	
18h30						
THURSDAY		06h00		Spinning* (Caitlin)- 45min)	Boot Camp (OUTDOORS-Ntsamaise) ★★★★★	Pilates* (Warren) ★
		06h30	Aqua (Suzana- 45min) ★	Super Circuit (Robert) ★★★ Tone & Walk (Micaela) ★★ 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 (Zoe- 1hr) ★★	Keep Fit (Casey) ★★			
	09h15				Yoga* (Lene) ★★	
	09h30	Hydro (Rachel- 45min) ★				
	10h00		Instructor's Choice (Yusuf) ★★	Pezzi & Stretch (Tia) ★★		
	10h30				Pilates* (Lisa) ★★★ Pilates* (Bronwyn) ★★ Pilates* (Warren) ★	
	11h30					
	12h30					
	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

POWERUN 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.



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!