

SSISA FESTIVE SEASON GROUP CLASS TIMETABLE 2019 / 2020

DATE	TIME	CLASS	INSTRUCTOR*	VENUE
Monday 16th December Public holiday	07:00	Spinning	Olivia	FC
	08:00	Pilates	Groschaan	Studio
	08:30	Keep Fit	Rachel	FC
	09:00	Yoga	Lene	Studio
	09:30	Aqua	Karen	Pool
Tuesday 17th December	06:30	Pilates ***	Bronwyn	Studio
	06:30	Tone and Walk	Dillan	FC
	07:30	Pilates **	Bronwyn	Studio
	08:00	Spinning	Dillan	FC
	08:30	Keep Fit	Akifah	FC
	09:30	Aqua	Karen	Pool
	10:00	Instructors Choice	Grace	FC
	12:30	Yoga**	Groschaan	Studio
	16:30	Pilates **	Warren	Studio
	17:30	Tone and Walk	Nerisha	FC
Wednesday 18th December	06:00	Spinning	Nzali	FC
	06:30	Keep Fit	Casey	FC
	06:30	Pilates **	Warren	Studio
	07:00	Prime Time	Nzali	FC
	07:30	Yoga**	Bronwyn	Studio
	08:00	Keep Fit	Zoe	FC
	08:30	Aqua	Karen	Pool
	10:00	Instructors Choice	Lamees	FC
	16:30	Yoga *	Lene	Studio
	17:30	Instructors Choice	Nerisha	FC
Thursday 19th December	17:45	Spinning	TBC	FC
	06:30	Pilates *	Bronwyn	Studio
	06:30	Tone and Walk	Jana	FC
	07:30	Pilates **	Bronwyn	Studio
	08:00	Keep Fit	Zoe	FC
	09:30	Aqua	Karen	Pool
	10:00	Instructors Choice	Nerisha	FC
	10:00	Pilates **	TBC	Studio
	11:00	Yoga*	Warren	Studio
	12:00	Spinning	Chris	FC
Friday 20th December	16:30	Pilates **	Groschaan	Studio
	17:30	Tone and Walk	Nerisha	FC
	06:00	Pilates	Warren	Studio
	07:00	Prime Time	Lamees	FC
	08:00	Keep Fit	Rachel	FC
	08:00	Spinning	Grant	FC
	08:30	Aqua	Zoe	Pool
	09:00	Yoga***	Lene	Studio
Saturday 21st December	10:00	Instructors Choice	Akifah	FC
	10:30	Pilates ***	Lisa	Studio
	11:30	Pilates *	Lisa	Studio
	07:00	Spinning	Olivia	FC
	08:00	Pilates	Warren	Studio
08:30	Keep Fit	Akifah	FC	
09:00	Yoga	Lene	Studio	
09:30	Aqua	Karen	Pool	

Monday 23rd December	06:00	Pilates *	Bronwyn	Studio
	06:30	Tone and Walk	Moegsien	FC
	07:00	Yoga	Groschaan	Studio
	08:00	Keep Fit	Moegsien	FC
	08:30	Aqua	Karen	Pool
	10:00	Instructors Choice	Moegsien	FC
	10:30	Pilates **	Warren	Studio
	12:30	Yoga*	Groschaan	Studio
Tuesday 24th December	07:00	Prime Time	Grant	FC
	07:00	Spinning	Olivia	Studio
	08:00	Pilates	Bronwyn	FC
	08:30	Keep Fit	Grant	FC
	09:00	Yoga *	Lene	Studio
	09:30	Aqua	Karen	Pool
	10:00	Instructors Choice	Grant	FC
Wednesday 25th December	Gym Closed - No Classes			
Thursday 26th December	Gym Closed - No Classes			
Friday 27th December	08:00	Pilates	Groschaan	Studio
	08:30	Keep Fit	Nzali	FC
	09:00	Yoga	Groschaan	Studio
	09:30	Aqua	Nzali	Pool
Saturday 28th December	08:00	Pilates	Warren	Studio
	08:30	Keep Fit	Micaela	FC
	09:00	Yoga	TBC	Studio
	09:30	Aqua	Karen	Pool
Monday 30th December	08:00	Spinning	Grant	FC
	08:00	Pilates	Groschaan	Studio
	09:00	Yoga	Lene	Studio
	09:30	Aqua	Karen	Pool
Tuesday 31st December	08:00	Pilates	Groschaan	Studio
	08:30	Keep Fit	Moegsien	FC
	09:00	Yoga	Lene	Studio
	09:30	Aqua	Julia	Pool
Wednesday 1st January	Gym Closed - No Classes			
Thursday 2nd January	08:00	Pilates	Tamsyn	Studio
	08:30	Keep Fit	Grant	FC
	09:00	Yoga	Lene	Studio
	09:30	Aqua	Karen	Pool
Friday 3rd January	08:00	Pilates	Tamsyn	Studio
	08:30	Keep Fit	Nicola	FC
	09:00	Yoga	Lene	Studio
	09:30	Aqua	Karen	Pool
Saturday 4th Januray	08:00	Pilates	Tamsyn	Studio
	08:30	Keep Fit	Nicola	FC
	09:00	Yoga	Lene	Studio
	09:30	Aqua	Karen	Pool
Monday 6th January	CLASSES BACK TO NORMAL			
<i>CLASS INSTRUCTORS ARE SUBJECT TO CHANGE = *</i>				