

## SSISA WELLNESS AND FITNESS CENTRE GROUP CLASS TIMETABLE 2020

DAY	TIME	POOL	FITNESS CENTRE	BLUE FLOOR	STUDIO
MONDAY	06h00		Spinning* (Olivia - 45min)	Boot Camp (OUTDOORS-Ntsamaise) ★★★★★	Pilates Orientation* (Rotating Instructors)
	06h30	Aqua (Julie - 45min) ★	Keep Fit (Dean) ★★★	Aerobics (Luke) ★★	
	07h00		Prime Time Class (Lamees) ★		Yoga* (Groschaan - 90min) ★★★
	08h00		Keep Fit (Dean) ★★★		
	08h30	Aqua (Karen - 1hr) ★★	Body Sculpt (Yusuf) ★★		Pilates* (Philippa) ★★
	09h30	Hydro (Robert - 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 (Dillan) ★★★★★		Pilates* (Warren) ★
	18h30		Spinning* (TBC - 60min)		
	18h30		Keep Fit (Jana) ★★		Pilates* (Warren) ★★
TUESDAY	06h30		Tone & Walk (Dillan) ★★		Pilates* (Bronwyn) ★★
	07h00		Prime Time Class (Suzana) ★		
	07h30				Pilates* (Bronwyn) ★★
	08h00		Spinning* (Dillan - 45 min)		
	08h30		Keep Fit (Dean) ★★★★★		
	09h30	Aqua (Karen - 1hr) ★★	Keep Fit (Ntsamaise) ★★		Gyrokinesis* (Philippa) ★
	10h00		Instructor's Choice (Grace) ★★		
	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 (Zoe) ★★	2. Boxercise (Meka) ★★★★★ SSISUMBA (Avril) ★★	Pilates* (Groschaan) ★★	
18h30					
WEDNESDAY	06h00		Spinning* (Nzali - 45min)	Boot Camp (OUTDOORS-Ntsamaise) ★★★★★	
	06h30	Aqua (Julie - 1hr) ★	Keep Fit (Casey) ★★★	Step (Luke) ★★	Pilates* (Warren) ★★
	07h00		Prime Time Class (Nzali)		
	07h30				Yoga* (Bronwyn) ★★
	08h00		Keep Fit (Zoe) ★★★		
	08h30	Aqua (Karen - 1hr) ★★	Body Sculpt (Tia) ★★		
	09h30	Hydro (Grace - 45min) ★			
	10h00		Instructor's Choice (Lamees) ★★	Modern Dance (Caitlin) ★★	Gyrokinesis* (Philippa) ★★
	11h00				Pilates* (Philippa) ★★
	13h00	Aqua (Jana - 1hr) ★★	Instructor's Choice (Dillan) ★★		
	16h30				Yoga* (Lene) ★
	17h30		3. Track Class (Caitlin) ★★★★★	Instructor's Choice (Rob) ★★	Yoga* (Lene) ★★
	17h45		Spinning* (Olivia - 45min)		
	18h30		Keep Fit (Jana) ★★★★★	RIPT 4 All (Dean) ★★★★★	Pilates* (Warren) ★
THURSDAY	06h30		Tone & Walk (Jana) ★★	Boxercise (Meka) ★★★★★	Pilates* (Bronwyn) ★
	07h00		Prime Time Class (Suzana) ★		
	07h30				Pilates* (Bronwyn) ★★
	08h00		Keep Fit (Zoe) ★★★		
	08h30		Body Sculpt (Grace) ★★		
	09h00				Gyrokinesis* (Philippa) ★
	09h30	Aqua (Karen - 1hr) ★★			
	10h00		Instructor's Choice (Zazi) ★★		Pilates* (Philippa) ★★
	11h00				Yoga* (Warren) ★
	11h15		Prime Time Class (Suzana) ★		
	12h00	Hydro (Claire - 45min) ★	Spinning* (Chris - 45min)		
	12h30				Yoga* (Groschaan - 90min) ★★
	14h45				Yoga* (Groschaan - 60min) ★★
	16h30				Pilates* (Groschaan) ★★
17h30		Tone & Walk (Zakirah) ★★	4. Strong-2-Run (Jana) ★★★★★	Pilates* (Warren) ★★	
18h30				Pilates Orientation* (Warren)	
FRIDAY	06h00		Spinning* (Caitlin) - 45min	Boot Camp (OUTDOORS-Ntsamaise) ★★★★★	Pilates* (Warren) ★
	06h30	Aqua (Suzana - 45min) ★	Super Circuit (Shivesh) ★★ Tone & Walk (Talia) ★★	Step (Luke) ★★ Fun Run (OUTDOORS - Niel) ★★	
	07h00		Prime Time Class (Lamees) ★		
	08h00		Spinning* (Olivia - 45min)		Pilates* (Warren) ★
	08h30	Aqua (Zoe - 1hr) ★★	Spinning* (Dillan - 45min)	RIPT 4 All (Dean) ★★	Pilates* (Warren) ★
	09h15		Keep Fit (Casey) ★★		
	09h30	Hydro (Rachel - 45min) ★			Yoga* (Lene) ★★
	10h00		Instructor's Choice (Yusuf) ★★	Pezzi & Stretch (Tia) ★★	
	10h30				Pilates* (Lisa) ★★
	11h30				Pilates* (Lisa) ★★
	12h30				Pilates* (Warren) ★
	13h00	Aqua (Jana - 1hr) ★			
	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  
**POWERRUN Series:** ★★\*: (1-4) - Mondays and Wednesdays 17h30 Track Class, Tuesdays 17h30 Boxercise 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.



UNIVERSITY OF CAPE TOWN  
 TRUSTEES: TASHAAN MOSELELE, HAN MATHALE

**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!