

Online Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
05:00 Tone & Walk WhatsApp Group Zoe Woodman & Meka Lentin	05:00 Keep Fit WhatsApp Group Rachel Johnstone	05:00 Tone & Walk WhatsApp Group Zoe Woodman & Meka Lentin	05:00 Keep Fit WhatsApp Group Rachel Johnstone	
			06:30 Boxercise by Meka Lentin Zoom Live Meeting ID: 799-320-515 Password: SSISA	06:30 Bootcamp by Ntsamaise Mashike Zoom Live Meeting ID: 128-283-980 Password: SSISA
07:00 Track WhatsApp Group by Caitlin Du Plessis & Dillan Daniels	07:00 Abs Core Class WhatsApp Group Caitlin Du Plessis	07:00 Track WhatsApp Group by Caitlin Du Plessis & Dillan Daniels		07:00 Abs Core Class WhatsApp Group Caitlin Du Plessis
08:00 Yoga Live by Oliva Bloomer Facebook Live (Follow SSISA on Facebook)	08:00 Full Body Blast by Casey Hendriks from the Fitness Center Zoom Live Meeting ID: 383-856-517 Password: SSISA	08:00 HIIT @ Home by Ciara Botha from the High Performance Center Zoom Live Meeting ID: 865-803-546 Password: SSISA		08:00 Pilates Live by Lisa Schiff Facebook Live (Follow SSISA on Facebook)
	NEW Kinderkinetics by Ciska Smith from Cape Kinetics Zoom Live 09:30 Babies (3-12 months) Meeting ID: 750 8107 1816 Password: CKBABIES 10:00 Toddlers (1-3 years) Meeting ID: 740 4427 6696 Password: CKTODDLER 10:30 Pre-School (3-7 years) Meeting ID: 784 6009 8174 Password: CKPRES			NEW Kinderkinetics by Ciska Smith from Cape Kinetics Zoom Live 09:30 Babies (3-12 months) Meeting ID: 791 1635 2829 Password: CKBABIES 10:00 Toddlers (1-3 years) Meeting ID: 735 5547 9289 Password: CKTODDLER 10:30 Pre-School (3-7 years) Meeting ID: 720 3991 8652 Password: CKPRES
17:00 Pilates Zoom by Lisa Schiff Zoom Live Meeting ID: 278-156-500 Password: SSISA Requirements: Resistance Bands or Sweat Towel or Leather Belt	17:30 HIIT @ Home by Ciara Botha from the High Performance Center Zoom Live Meeting ID: 459-652-481 Password: SSISA	NEW 17:00 Yoga Zoom by Oliva Bloomer Zoom Live Meeting ID: 559-131-086 Password: SSISA	17:30 PowerUp by Rodet Yila Zoom Live Meeting ID: 888-655-119 Password: SSISA (Book via the SSISA app) Requirements: 1 x Large Towel Water bottle 2 x Heavy (5kg+) backpacks	