

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06h00 SPINNING* ★★★ 45min (Instructors name)	06h30 TONE & WALK ★★ 45min (Matthew)	06h00 SPINNING* ★★★ 45min (Matthew)	06h30 BOXERCISE ★★ 45min (Meka)	06h00 SPINNING* 45min (Kelly)
06h30 AQUA ★★★ 45min (Kerry-Ann)	06h30 PILATES* ★★ 45min (Olivia)	06h30 AQUA ★ 45min (Kerry-Ann)	06h30 PILATES* ★ 45min (Warren)	06h30 AQUA ★ 45min (Kerry-Ann)
06h30 KEEP FIT ★★★ 45min (Nozwelo)	07h30 PILATES* ★★ 45min (Warren)	06h30 KEEP FIT ★★★ 45min (Casey)	07h00 YOGA* ★★★ 45min (Olivia)	06h30 KEEP FIT ★★★ 45min (Lindiwe)
07h00 PRIME TIME CLASS ★★ 45min (Lamees)	08h00 SPINNING* ★★★ 45min (Nozwelo)	06h30 STEP ★★ 45min (Luke)	08h00 KEEP FIT ★★★ 45min (Zoe)	06h30 STEP ★★★ 45min (Luke)
07h00 YOGA* ★★★ 45min (Groschaan)	08h00 KEEP FIT ★★★ 45min (Ntsamaise)	06h30 PILATES* ★★★ 45min (Warren)	09h30 AQUA ★★ 45min (Karen)	07h00 PRIME TIME CLASS ★ 45min (Lamees)
08h30 AQUA ★★ 45min (Karen)	09h30 AQUA ★★ 45min (Karen)	07h00 PRIME TIME CLASS ★ 45min (Lamees)	10h00 INSTRUCTOR'S CHOICE ★★ 45min (Ntsamaise)	07h00 PILATES* ★★★ 45min (Warren)
08h30 BODY SCULPT ★★ 45min (Caitlin)	10h00 INSTRUCTOR'S CHOICE ★★ 45min (Grace)	07h30 YOGA* ★★ 45min (Warren)	11h30 PILATES* ★★ 45min (Groschaan)	08h00 PILATES* ★★★ 45min (Warren)
09h30 PILATES* ★★ 45min (Warren)	10h30 PILATES* ★★★ 45min (Groschaan)	08h30 AQUA ★★ 45min (Karen)	12h00 HYDRO ★ 45min (Marvin)	08h30 AQUA ★★ 45min (Kelly)
10h00 INSTRUCTOR'S CHOICE ★★ 45min (Yusuf)	11h30 PILATES* ★★★ 45min (Groschaan)	08h30 BODY SCULPT ★★ 45min (Tia)	12h30 YOGA* ★★ 45min (Groschaan)	08h30 KEEP FIT ★★ 45min (Ntsamaise)
10h00 PEZZI & STRETCH ★★ 45min (Tia)	12h00 HYDRO ★ 45min (Nzali)	11h30 PILATES* ★★ 45min (Groschaan)	14h45 YOGA* ★★ 45min (Groschaan)	09h15 YOGA* ★★ 45min (Lene)
10h30 PILATES* ★★ 45min (Warren)	12h00 SPINNING* 45min (Caitlin)	17h30 INSTRUCTOR'S CHOICE ★★ 45min (Jane)	16h30 PILATES* ★★ 45min (Groschaan)	10h00 INSTRUCTOR'S CHOICE ★★ 45min (Yusuf)
12h30 YOGA* ★★★ 45min (Groschaan)	12h30 YOGA* ★★ 45min (Groschaan)	17h30 YOGA* ★★ 45min (Lene)	17h30 TONE & WALK ★★ 45min (Nozwelo)	10h00 PEZZI & STRETCH ★★ 45min (Tia)
13h00 AQUA ★★ 45min (Karen)	16h30 PILATES* ★★ 45min (Warren)	17h45 ZUMBA ★★ 45min (Avril)	17h30 SPINNING* 45min (Olivia)	10h30 PILATES* ★★ 45min (Olivia)
16h30 PILATES* ★★ 45min (Warren)	06h30 TONE & WALK ★★ 45min (Zoe)	18h30 KEEP FIT ★★★ 45min (Jana)	17h30 STRONG2RUN 45min (Jana)	
17h30 SPINNING* ★★ 45min (Lindiwe)	17h30 PILATES* ★★ 45min (Groschaan)		17h30 PILATES* ★★ 45min (Warren)	<b>SATURDAY</b>
17h30 PILATES* ★★ 45min (Warren)			18h30 PILATES* ★★ 45min (Warren)	08h30 KEEP FIT ★★★ 45min (Rotating Instructors)
18h30 KEEP FIT ★★ 45min (Jana)				07h00 YOGA* ★★ 45min (Lene)
				09h30 AQUA ★ 45min (Karen)



# SSISA WELLNESS AND FITNESS CENTRE

## GROUP CLASS TIMETABLE FEBRUARY 2021

### VENUES AND CLASSES

POOL

FITNESS CENTRE

STUDIO TIME

BLUE FLOOR

### CLASS INTENSITY

- ★★★★ Advanced
- ★★★ Intermediate
- ★★ Beginner/Intermediate
- ★ Beginner

### PRIME TIME

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

### 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

Updated 01.02.2021