



THE COUNTRY CLUB
JOHANNESBURG



GYM CLASSES SCHEDULE



KEY: GREEN = AUCKLAND PARK(*PAID CLASS) | RED = WOODMEAD(*PAID CLASS)
COMMENCING AUGUST

MON

06:15

PILATES (INDOOR)

DAGMAR

08:00

SPINNING (INDOORS)

LESLIE

09:30

**GOLF SPECIFIC
EXERCISES
(INDOOR)**

VIV

17:30

PILATES (INDOOR)

VIV

17:30

YOGA (INDOORS)

JANET

18:00

SPINNING (INDOOR)

MEL

TUE

06:00

BOOTCAMP (INDOOR)

NDIPIWE

07:15

PILATES (INDOOR)

VIV

09:30

MOVEMENT (INDOOR)

GALE

11:00

**SENIORS CLASS
(INDOOR)**

17:30

BREATHING/RELAXATION

TAZ

17:30

SPINNING (INDOOR)

STEVE

WED

05:45

SPINNING (INDOOR)

MEL

08:00

SPINNING (INDOOR)

LESLIE

09:30

STRETCH

SUE

17:30

YOGA (INDOOR)

17:30

YOGA (INDOORS)

THU

07:15

PILATES (INDOOR)

DAGMAR

07:00

BOXERCISE

AKANI

09:45

STRETCH (INDOOR)

SUE

16:15

STAFF SPINNING

STEVE

17:30

SPINNING (INDOORS)

STEVE

17:30

***PILATES (INDOOR)**

DAGMAR

FRI

06:00

BOOTCAMP (INDOOR)

NDIPIWE

09:45

CONDITIONING

SUE

11:00

**SENIORS CLASS
(INDOOR)**

07:30

SPINNING (INDOOR)

MONICA

08:30

YOGA (INDOOR)

KARIMA

09:00

YOGA (INDOORS)

MARINA

SAT

Join our online community: <https://www.facebook.com/groups/CCJMembers/>

Bookings essential online, via the app or by calling reception.

Cancellations must be made 24hrs before the session.

*Outdoor sessions are weather dependent, should weather not allow the session will be moved into a suitable indoor venue if available.

Please note classes indicated with a "*" are charged for except for online classes.

Contact Luyanda for more information

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