



# FITNESS CLASSES ARE BACK!

MON	TUES	WEDS	THURS	FRI	SAT	SUN
		6:30 - 7:15AM	6:30 - 7AM	6:30 - 7AM		
		SPIN & ABS	TOTAL TONE	TOTAL TONE		
9:30 - 10AM	9:30 - 10AM	9:30 - 10AM	9:30 - 10AM	9:30 - 10AM	9 - 9:30AM	
AQUA AEROBICS	TOTAL TONE	LEGS, BUMS & TUMS	AQUA AEROBICS	SPIN EXPRESS	BOOTCAMP	
6:30 - 7:15PM	6:30 - 7:15PM	6:30 - 7:15PM	6:30 - 7:15PM			
BOX-FIT	SPIN & LIFT	TOTAL TONE	BOX-FIT			

**FITNESS CLASSES ARE INCLUDED  
IN ALL 6 & 12 MONTH MEMBERSHIPS**

**LIMITED AVAILABILITY. PRE-BOOKING ADVISED.  
BOOK NOW BY CALLING 021 463 5151**