

# ALL CLASSES ARE COMPLIMENTARY UNLESS OTHERWISE STATED

## MONDAY

**FIT HUB** Luci 066 489 1993 Trey 067 009 1920

<b>08:00 - 08:45</b>	HIP HOP STEP	Trey	
<b>09:00 - 09:45</b>	BODY PUMP	Trey	
<b>17:15 - 18:00</b>	LINE DANCING	Alecia	
<b>18:30 - 19:15</b>	BUILD A BOOTY	Angelique	

**RM BURN** Angelique 079 225 1821

<b>17:30 - 18:15</b>	BUILD A BOOTY	Angelique	
<b>18:15 - 19:00</b>	BURN & TONE 45	Simphiwe	

**MIND/BODY** Berneace 083 453 6882 Joy 083 789 1830

<b>08:00 - 09:00</b>	PILATES Mixed Level	Angela	
<b>17:30 - 18:15</b>	BALLET BARRE	Luci	
<b>18:30 - 19:30</b>	AERIAL YOGA	Berneace	

Trey 067 009 1920

## PSCYCLE HUB

<b>04:00</b>	SPRINT 19		
<b>05:00</b>	RPM UNITED MIX		
<b>06:00</b>	SPRINT 18		
<b>07:00</b>	RPM 86		
<b>08:00</b>	SPRINT 17		
<b>09:00</b>	RPM 86		
<b>17:00</b>	SPRINT	Trey	
<b>17:30 - 18:15</b>	HIP HOP SPIN	Trey	

## WEDNESDAY

**FIT HUB** Luci 066 489 1993 Simphiwe 061 499 6884

<b>08:00 - 08:45</b>	STEP	Luci	
<b>09:00 - 09:45</b>	HIIT BOUNCE FIT	Simphiwe	
<b>17:30 - 18:15</b>	REBOUNDER	Luci	
<b>18:15 - 19:00</b>	STEP	Luci	

**RM BURN** Simphiwe 061 499 6884

<b>17:15 - 18:00</b>	STEP UP	Simphiwe	
<b>18:15 - 19:00</b>	BURN & TONE 45	Simphiwe	

**MIND/BODY** Berneace 083 453 6882 Joy 083 789 1830

<b>08:00 - 09:00</b>	PILATES Beg-Int Level	Angela	
<b>17:30 - 18:15</b>	BALLET BARRE	Angela	
<b>18:30 - 19:30</b>	AERIAL YOGA	Berneace	

Trey 067 009 1920

## PSCYCLE HUB

<b>04:00</b>	SPRINT 13		
<b>05:00</b>	RPM 80		
<b>06:00</b>	SPRINT 12		
<b>07:00</b>	RPM 86		
<b>08:00</b>	SPRINT 19		
<b>09:00</b>	RPM 86		
<b>17:30 - 18:00</b>	HIP HOP SPIN	Trey	

## FRIDAY

**MIND BODY** Angela Nel 084 500 4977

<b>08:00 - 09:00</b>	PILATES Int-Adv Level	Angela	
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**FIT HUB** Simphiwe 061 499 6884

<b>09:00 - 09:45</b>	HIIT BOUNCE FIT	Simphiwe	
<b>10:00 - 10:30</b>	CORE EXPRESS 30	Simphiwe	

## PSCYCLE HUB

<b>04:00</b>	RPM 86		
<b>05:00</b>	SPRINT 15		
<b>06:00</b>	RPM 80		
<b>07:00</b>	SPRINT 14		
<b>08:00</b>	RPM 86		
<b>09:00</b>	SPRINT 13		

## TUESDAY

**FIT HUB** Michelle 082 292 4082

<b>08:00 - 09:00</b>	REBOUNDER	Luci	
<b>09:00 - 09:45</b>	HIIT	Luci	
<b>17:30 - 18:15</b>	LES MILLS BODYPUMP	Michelle	
<b>18:15 - 19:00</b>	POWERBOX	Simphiwe	

**RM BURN** Trey 067 009 1920

<b>17:30 - 18:15</b>	HIP HOP STEP	Trey	
<b>18:30 - 19:15</b>	HIP HOP STEP	Trey	

**MIND/BODY** Angela Nel 084 500 4977 Kelly 068 292 5106

<b>17:30 - 18:30</b>	PILATES	Joy	
<b>18:30 - 19:30</b>	YOGA	Kelly	

## PSCYCLE HUB

<b>04:00</b>	SPRINT 16		
<b>05:00</b>	RPM 86		
<b>06:00</b>	SPRINT 15		
<b>07:00</b>	RPM 86		
<b>08:00</b>	SPRINT 14		
<b>09:00</b>	RPM 86		
<b>17:00 - 17:45</b>	SPIRITRIDE	Simphiwe	

## THURSDAY

**FIT HUB** Angelique 079 225 1821

<b>08:00 - 09:00</b>	REBOUNDER	Luci	
<b>09:00 - 10:00</b>	HIIT	Luci	
<b>17:30 - 18:15</b>	BUILD A BOOTY	Angelique	
<b>18:15-19:00</b>	MOVE	Simphiwe	

**RM BURN** Trey 067 009 1920 Kgomotso 072 835 1369

<b>17:45 - 18:30</b>	HIP HOP STEP(BEGINNER)	Kgomotso	
<b>18:30 - 19:15</b>	HIP HOP STEP	Trey	

**MIND/BODY** Angela Nel 084 500 4977 Kelly 068 292 5106

<b>08:00 - 09:00</b>	BALLET BARRE	Tansy	
<b>17:30 - 18:30</b>	PILATES	Joy	
<b>18:30 - 19:30</b>	YOGA	Kelly	

## PSCYCLE HUB

<b>04:00</b>	RPM 80		
<b>05:00</b>	LES MILLS THE TRIP		
<b>06:00</b>	RPM 86		
<b>07:00</b>	SPRINT 17		
<b>08:00</b>	RPM 86		
<b>09:00</b>	SPRINT 16		
<b>17:00 - 17:45</b>	ENERGY RIDE	Simphiwe	

## SATURDAY

**MIND BODY** Kelly 068 292 5106

<b>07:00 - 08:00</b>	HOT YOGA	Kelly	
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## FIT HUB

<b>07:00</b>	RISE AND RIDE	Simphiwe	
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## PSCYCLE HUB

<b>08:00-08:45</b>	X-TRAINING	Simphiwe	
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Subject to Change