

STUDIO CLASS TIMETABLE

TIME	DESCRIPTION	MINUTES	INTENSITY	INSTRUCTOR
MONDAY				
06:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
07:45	SPINNING	60	HIGH	DEBBIE-LEE
08:00	ROM SCULPT	60	ALL LEVELS	HANRU
08:00	MONDAY WORKOUT	45	MED	ANNETTA
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	PILATES	60	ADVANCED	JACKIE
09:00	*BOXING FIT	60	MED/HIGH	JACQUES
10:15	PILATES	60	BEG/INT	JACKIE
11:30	*POWERPLATE	45	ALL LEVELS	JACKIE
13:15	BEGIN TO SPIN	45	MED	DEBBIE-LEE
17:30	SPINNING	60	MED/HIGH	IVAN
17:30	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
TUESDAY				
08:00	*POWERPLATE	45	ALL LEVELS	DEBBIE-LEE
08:00	STEP FIT & FIRM	60	MED	ANNETTA
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	CALLANETICS	60	ALL LEVELS	JACKIE
10:15	PILATES	60	BEG/INT	JACKIE
17:30	*KETTLEBELLS	60	HIGH	EMMANUEL
18:00	*KENJITSU	60	HIGH	PIERRE
18:00	*BOXING FIT	60	MED/HIGH	JACQUES
WEDNESDAY				
06:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
07:45	SPINNING	60	HIGH	ELMARIE
07:45	MYOFASCIA RELEASE	60	ALL LEVELS	JACKIE
08:00	BODYPUMP & SHAPE	60	ALL LEVELS	DEBBIE-LEE
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	PILATES	60	ADVANCED	JACKIE
09:00	*BOXING FIT	60	MED/HIGH	JACQUES
10:15	CALLANETICS	60	ALL LEVELS	JACKIE
13:15	BEGIN TO SPIN	45	MED	DEBBIE-LEE
17:30	SPINNING	60	HIGH	WERNER
17:30	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL

THURSDAY				
08:00	*POWERPLATE	45	ALL LEVELS	DEBBIE-LEE
08:00	SHAPE & TONE	60	MED	ANNETTA
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	CALLANETICS	60	ALL LEVELS	JACKIE
10:15	PILATES	60	BEG/INT	JACKIE
11:30	*POWERPLATE	45	ALL LEVELS	JACKIE
17:30	*KETTLEBELLS	60	HIGH	EMMANUEL
18:00	*BOXING FIT	60	MED/HIGH	JACQUES
FRIDAY				
06:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
07:45	SPINNING	60	HIGH	DEBBIE-LEE
08:00	ROM SCULPT	60	ALL LEVELS	HANRU
08:00	*NIA DANCE	60	ALL LEVELS	JEANETTE
08:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
09:00	PILATES	60	ADVANCED	JACKIE
09:00	*BOXING FIT	60	MED/HIGH	JACQUES
10:15	MYOFASCIA RELEASE	60	ALL LEVELS	JACKIE
13:15	BEGIN TO SPIN	45	MED	WERNER
SATURDAY				
06:00	*FUNCTIONAL FITNESS	60	HIGH	EMMANUEL
08:00	*SYNERGY YOGA	90	MED/HIGH	JAMES
09:30	*THERAPEUTIC QIGONG	60	MED/HIGH	JAMES

PROACTIVE FITNESS CLASS BOOKINGS
028 313 2074 / 079 387 3407

SHADED CLASSES ARE PRIVATE @ EXTRA COST BOOKING ESSENTIAL DIRECTLY WITH INSTRUCTOR		
* FUNCTIONAL FITNESS	Emmanuel	067 757 1970
* KETTLEBELLS	Emmanuel	067 757 1970
* YOGA	James	082 788 3217
* POWERPLATE	Debbie-Lee	083 237 9119
* POWERPLATE	Jackie	082 330 5713
* NIA DANCE	Jeanette	083 273 9753
* BOXING	Jacques	064 598 9788
* SAJKA KARATE	Ronnie	083 655 4521
* BJJ JIU JITSU	Deon	079 120 3551
* KENJITSU	Pierre	084 038 7055