



## TEMPORARY CLASS TIMETABLE 21 – 26 SEPTEMBER 2020

TIME	DESCRIPTION	DURATION	INTENSITY	INSTRUCTOR
<b>MONDAY</b>				
06.00	Pilates	60 mins	Adv	Michelle H
07:45	Spinning	60 mins	High	Debbie-Lee
08:00	Zumba*	60 mins	High	Shontal
09:00	Pilates	60 mins	Adv	Michelle H
13:15	Begin to spin	45 mins	Low	Alex
17:30	Spinning	60 mins	High/med	Alex
<b>TUESDAY</b>				
06:00	Bodypump	60 mins	High	Debbie-Lee
09:00	Tae Bo*	60 mins	High	Ronnie
10:15	Beginner Pilates	60 mins	Low	Anke
17:30	Tae Bo*	60 mins	Med	Sandra
<b>WEDNESDAY</b>				
07:45	Spinning	60 mins	High	Kim
08:00	Zumba*	60 mins	High	Shontal
09:00	Pilates	60 mins	Adv	Michelle H
13:15	Begin to spin	45 mins	Low	Alex
17:30	Spinning	60 mins	High	Werner
<b>THURSDAY</b>				
06:00	Spinning	45 mins	High	Debbie-Lee
07:45	Step & Tone	60 mins	Med/High	Annetta
09:00	Tae Bo*	60 mins	High	Ronnie
10:15	Beginner Pilates	60 mins	Low	Sonia
17:30	Bodypump	60 mins	High	Debbie-Lee
<b>FRIDAY</b>				
07:45	Spinning	60 mins	High	Debbie-Lee
08:00	Dance & Tone*	60 mins	High	Shontal
09:00	Pilates	60 mins	Adv	Michelle H
<b>SATURDAY</b>				
08:30	Callanetics	60 mins	Med	Jackie
10:00	Zumba*	60 mins	High	Shontal

**THIS IS A TEMPORARY TIMETABLE AND CLASSES MIGHT BE ADDED OR REMOVED FROM THE TIMETABLE AT SHORT NOTICE.**

**BOOKING IS ESSENTIAL FOR THE FOLLOWING CLASSES:-**

\*Zumba/Dance & Tone are R35 for non-members and R25 for Proactive Fitness members per class

\* Zumba/Dance & Tone Saturday classes free for Proactive Fitness members

(Booking, payment and more info call Shontal 078 331 0684)

\*Tae Bo is R40 per class or R300 per month

(Booking, payment and more info call Ronnie 083 655 4521)

\*Pilates and Real Ryder (Spin) please contact and book at reception (028 313 2074 or Whatsapp 079 387 3407)

**CLASS NUMBERS:-**

- Real Ryder (Spin) a maximum of 12 people per class
- Advanced Pilates (16 people) & Beginners Pilates (12 people)
- Bodypump a maximum of 12 people per class

**STRICT SAFETY PROTOCOLS WILL BE ENFORCED AT ALL TIMES:-**

Enter facility via Proactive reception and allow us to scan and sign you in prior to attending any of our classes.

**NO MASK + INCORRECT WEARING THEREOF  
= NO ACCESS AND NO EXERCISE!**

**NO TOWEL = NO ACCESS AND NO EXERCISE!**

For all enquiries feel free to contact  
**MATHEW (084 358 9827)**