

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00		BODY & BALL 60 MIN INTERMEDIATE/ HIGH DEBBIE-LEE		SPINNING 45 MIN HIGH DEBBIE-LEE		
07:45	SPINNING 60 MIN HIGH DEBBIE-LEE		SPINNING 60 MIN HIGH EMMANUEL		SPINNING 60 MIN HIGH DEBBIE-LEE	
08:00		STEP FIT & FIRM 60 MIN INTERMEDIATE ANNETTA	PUMP & SHAPE 60 MIN INTERMEDIATE/ HIGH DEBBIE-LEE	STEP SHAPE & TONE 60 MIN INTERMEDIATE ANNETTA		
09:00	PILATES 60 MIN ADVANCED JACKIE	CALLANETICS 60 MIN BEGINNER/ ADVANCED JACKIE	PILATES 60 MIN ADVANCED JACKIE	CALLANETICS 60 MIN BEGINNER/ ADVANCED JACKIE	PILATES 60 MIN ADVANCED JACKIE	
09:00	VINYASA YOGA 60 MIN INTERMEDIATE NICOLENE		VINYASA YOGA 60 MIN INTERMEDIATE NICOLENE		VINYASA YOGA 60 MIN INTERMEDIATE NICOLENE	STRONG HATHA YOGA 90 MIN INTERMEDIATE /HIGH JAMES

10:15	PILATES 60 MIN BEGINNER/ ADVANCED JACKIE	PILATES 60 MIN BEGINNER/ INTERMEDIATE JACKIE	CALLANETICS 60 MIN BEGINNER/ ADVANCED JACKIE	PILATES 60 MIN BEGINNER/ INTERMEDIATE JACKIE	STRETCH/ FASCIA RELEASE 60 MIN BEGINNER/ ADVANCED JACKIE
13:15	SPINNING 45 MIN INTERMEDIATE DEBBIE-LEE		SPINNING 45 MIN INTERMEDIATE DEBBIE-LEE		SPINNING 45 MIN INTERMEDIATE WERNER
17:00	POWER YOGA 40 MIN INTERMEDIATE/ HIGH JAMES	VINYASA YOGA 40 MIN INTERMEDIATE/ HIGH JAMES			
17:30	SPINNING 60 MIN HIGH KIM		SPINNING 60 MIN HIGH WERNER	BODYPUMP 60 MIN INTERMEDIATE/ HIGH DEBBIE-LEE	

PLEASE NOTE:

- **YOGA**

Additional cost for Yoga classes. Please enquire at Proactive Fitness Reception.

- **ALL CLASSES**

Bookings essential at Proactive Fitness Reception

- **CONTACT NUMBERS**

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