



TEMPORARY CLASS TIMETABLE 31 AUGUST – 5 SEPTEMBER 2020

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

(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)