

CAPE TOWN
VIVA SUNNINGDALE

28TH MAY

SH'BAM

09.30-10.45

BODYPUMP

11.00-12.30

EDUCATION

12.45-13.15

BODYCOMBAT

13.30-15.00

JOHANNESBURG

GYM CO WINCHESTER HILLS

28TH MAY

BODYPUMP

08.30-10.00

LES MILLS CORE

10.15-11.00

EDUCATION

11.15-11.45

BODYCOMBAT

12.00-13.30

GRIT STRENGTH

13.45-14.45

BODYSTEP

15.00-16.00

DURBAN
KIA KAHA

29TH MAY

BODYPUMP

08.30-10.00

EDUCATION

10.15-10.45

BODYBALANCE

11.00-12.30