

CAPE TOWN

VIVA SUNNINGDALE

27TH AUG

SH'BAM
MASTERCLASS
AND **EDUCATION**

9.30-10.45

BODYCOMBAT
MASTERCLASS
AND **EDUCATION**

11.00-12.15

JOHANNESBURG 27TH AUG

VIVA GYM HILLFOX

BODYSTEP

09.45 - 10.45

LES MILLS CORE

11.00-11.45

BODYPUMP MASTERCLASS AND **EDUCATION**

12.00-13.15

BODYCOMBAT MASTERCLASS AND **EDUCATION**

13:30 - 15:00

GRIT STRENGTH MASTERCLASS AND **EDUCATION**

15:15 - 16:15

BODYPUMP MASTERCLASS AND **EDUCATION**

16:30 - 18:00

DURBAN

GYM CO. PINETOWN

27TH AUG

BODYPUMP
MASTERCLASS
AND **EDUCATION**

9.00-10.30

BODYBALANCE
MASTERCLASS
AND **EDUCATION**

10.45-12.15

SPRINT
MASTERCLASS
AND **EDUCATION**

12.30-13.30