

CAPETOWN

VIVA CAPETOWN

26TH NOV

BODYPUMP
MASTERCLASS
AND **EDUCATION**

9.30-11.00

BODYCOMBAT
MASTERCLASS
AND **EDUCATION**

11.15-12.45

SH'BAM
MASTERCLASS
AND **EDUCATION**

13.00-14.15

JOHANNESBURG

PLANET FITNESS MIDRAND

26TH NOV

BODYSTEP
MASTERCLASS

09:45 - 10:45

LES MILLS CORE
MASTERCLASS

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

KIA KAHA

27TH NOV

BODYPUMP
MASTERCLASS
AND **EDUCATION**

9.00-10.30

BODYBALANCE
MASTERCLASS
AND **EDUCATION**

10.45-12.15

SPRINT
MASTERCLASS
AND **EDUCATION**

12.30-13.30