



PLATINUM

GROUP FITNESS SCHEDULE

23rd January - 26th February 2012

CLUB TIMES
 Mondays to Thursdays - 04h30 to 22h30
 Fridays - 04h30 to 21h00
 Saturdays - 06h00 to 19h00
 Sundays - 07h00 to 18h00
 Contact Number: 0860 Chosen (246736)
 www.planetplatinum.co.za

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AEROBICS STUDIO							
06h00		BOXING Breeze 60 minutes	BODY WORX Olessia 60 minutes		BOXING Breeze 60 minutes		
07h00	BODIES IN ACTION Lucky 60 minutes		AB BLASTER Olessia 60 minutes	AWESOME ARMS Elana 30 minutes	AB BLASTER Elana 30 minutes		
07h30		AB BLASTER Simon 30 minutes					
08h00		FUSE IT ALL Simon 60 minutes		BODIES IN ACTION Nico 60 minutes		BODIES IN ACTION STARTS 08H30 Elana - 60 mins	
09h30						PILATES MATWORK Yaakov 60 minutes	
16h30	PILATES MATWORK Ziphi 60 minutes	AB BLASTER STARTS 17H00 Caz - 30 mins	POWER BOX STARTS 17H00 Jimmy - 60 mins				
17h30	FUSE IT ALL Matthew 60 minutes	HIP HOP BOOTCAMP Caz 60 minutes	AB BLASTER STARTS 18H00 Jimmy - 30 mins	STEP Rupa 60 minutes	POWER BOX FUSION STARTS 18H00 Dumisani - 90 mins		
18h30		BOXING Goitsemanq 60 minutes	HI-LO CAN YOU GO? Dumisani 60 minutes	POWER BOX Lucky 60 minutes			

GROUP PERSONAL TRAINING (AEROBICS STUDIO)							
06h00		Meet at aerobic					
18h00	GROUP PT Fikile - 60 mins	Kinesis and Track	GROUP PT Fikile - 60 mins				

INDOOR CYCLING STUDIO							
05h00	ENDURANCE RIDE Ryan P 45 minutes		INTERVAL RIDE Neeri 45 minutes				
06h00	INTERVAL RIDE Neeri 45 minutes	STRENGTH RIDE Yaakov 45 minutes	XTREME RIDE Debbie 60 minutes	XTREME RIDE STARTS 05H45 Eric - 60 mins	STRENGTH RIDE Iqor - 45 mins <small>27th Jan/3rd Feb - Richard</small>		
08h00						XTREME RIDE Werner 45 minutes	
17h30	STRENGTH RIDE Meredith 45 minutes	ENDURANCE RIDE Ryan K 45 minutes	SPINNING WITH Ian 60 minutes	XTREME RIDE Ryan K 60 minutes			
18h30	INTERVAL RIDE Simon 45 minutes	STRENGTH RIDE Kuku 45 minutes	ENDURANCE RIDE STARTS 18H45 Genevieve - 45 mins				

YOGA STUDIO							
06h00	JIVAMUKTI Jo-anne 60 minutes		ASHTANGA Gila 60 minutes	PILATES MATWORK STARTS 06H00 Ziphi - 60 minutes	ASHTANGA Gila 60 minutes		
07h00	PILATES MATWORK Olessia 60 minutes	HOT FLOW Mark 60 minutes		HOT FLOW Jo-anne 60 minutes			
08h30	HATHA Christa 60 minutes	STARTS 08H00	PILATES MATWORK Christa 60 minutes			HOT FLOW Vassie 90 minutes	HATHA Edward 90 minutes
10h30						HOT FLOW Christa 90 minutes	
16h00	ASHTANGA Anaië 60 minutes			VINYASA FLOW STARTS 16H30 Lois - 60 mins		VINYASA FLOW STARTS 5TH FEB Lois - 90 mins	
17h00		HOT FLOW Vassie 90 minutes	HATHA Carolyn 60 minutes				
17h30	HATHA Paul 60 minutes			VINYASA FLOW Lois 60 minutes			
18h30	VINYASA FLOW Lois 60 minutes	HOT FLOW Vassie 90 minutes	JIVAMUKTI STARTS 18H00 Jo-anne - 90mins				

* Instructor may change according to instructor availability.
 * Should no members arrive for a class within the first 10 min of the class commencing, the class will not take place.
 * The club reserves the right to vary, alter or change classes that may be available at the club either by withdrawing classes or by the addition of classes.
 * For your member experience we will not tolerate instructor no-shows.
 * Schedule is subject to change on member request.

Please email erika.nel@planetfitness.co.za (refer club) should you want the schedule emailed to you - thank you