



“When you have a clear vision of your goal, it’s easier to take the first step toward it.”

## CLASS TIMETABLE - 17 FEB to 15 MAR 2020 website: [www.activeattitude.co.za](http://www.activeattitude.co.za)

MONDAY- THURSDAY: 5.30am-8.30pm FRIDAY: 5.30am-7.30pm SATURDAY: 8.00am-12.00pm SUNDAY: 4.00pm - 6.00pm  
 TEL: 043 -748 6199 / 043 - 748 6198 / 083 973 2321 or EMAIL us at [penny@activeattitude.co.za](mailto:penny@activeattitude.co.za) / [fatbusta@gmail.com](mailto:fatbusta@gmail.com)

	MON 17-Feb	TUES 18-Feb	WED 19-Feb	THUR 20-Feb	FRI 21-Feb	SAT 22-Feb	MON 24-Feb	TUES 25-Feb	WED 26-Feb	THUR 27-Feb	FRI 28-Feb	SAT 29-Feb
8.00am to 9.00am	YOGA with TASH	BEACH POWER WALK DARRYL	AEROBICS legs, bums & tums LEE	815 - 9.00am BOOT CAMP DARRYL	PILATES with ADELE		YOGA with TASH	BEACH POWER WALK DARRYL	AEROBICS interval step LEE	815 - 9.00am BOOT CAMP DARRYL	PILATES with ADELE	
	EVENING CLASSES					GYM OPEN 8,00 am	EVENING CLASSES					GYM OPEN 8,00 am
16.30 to 17.20	PILATES with ADELE			PILATES with ADELE		TO 12.00	PILATES with ADELE			PILATES with ADELE		TO 12.00
5.45pm to 6.30pm	INDOOR SPIN CYCLE enduro DARRYL		INDOOR SPIN CYCLE power DARRYL		weigh in number 3		INDOOR SPIN CYCLE valleys DARRYL		INDOOR SPIN CYCLE endurance DARRYL		weigh in number 4	
5.30pm to 6.15pm	PT STYLE AEROBIC STEP 17.30 - 18.30 LEE	AEROBICS 17,30 - 18,30 FUN WITH STEP MARGARET	POWER FITNESS TEST HIIT STYLE AMY	CIRCUIT INNOVATION downstairs PENNY 17,30- 18,10		SUN 23-Feb 16,00 - 18,00	POUND with STACEY	AEROBICS 17,30 - 18,30 step combo MARGARET	AEROBICS combo crosstrain AMY	CIRCUIT INNOVATION PENNY 17,30- 18,10		SUN 01-Mar 16,00 - 18,00
6.15pm to 7.00pm			PILATES 6.15pm - 7.00pm ADELE						PILATES 6.15pm - 7.00pm ADELE			

## CLASS TIMETABLE 2020

	MON 02-Mar	TUES 03-Mar	WED 04-Mar	THUR 05-Mar	FRI 06-Mar	SAT 07-Mar	MON 09-Mar	TUES 10-Mar	WED 11-Mar	THUR 12-Mar	FRI 13-Mar	SAT 14-Mar
8.00am to 9.00am	YOGA with TASH	BEACH POWER WALK DARRYL	AEROBICS step combo LEE	815 - 9.00am BOOT CAMP DARRYL	PILATES with ADELE		YOGA with TASH	BEACH POWER WALK DARRYL	AEROBICS crosstrain LEE	815 - 9.00am BOOT CAMP DARRYL	PILATES with ADELE	
	EVENING CLASSES					GYM OPEN 8,00 am	EVENING CLASSES					GYM OPEN 8,00 am
16.30 to 17.20	PILATES with ADELE			PILATES with ADELE		TO 12.00	PILATES with ADELE					TO 12.00
5.45pm to 6.30pm	INDOOR SPIN CYCLE fitness DARRYL		INDOOR SPIN CYCLE valleys & hills DARRYL		weigh in number 5		INDOOR SPIN CYCLE fitness DARRYL		INDOOR SPIN CYCLE valleys & hills DARRYL		weigh in number 6 FINAL	
5.30pm to 6.15pm	AEROBICS PT STYLE 17.30 - 18.30 LEE	AEROBICS 17,30 - 18,30 hi / low MARGARET	AEROBICS body conditioning AMY	CIRCUIT INNOVATION downstairs PENNY 17,30- 18,10		SUN 08-Mar 16,00 - 18,00	POUND with STACEY	AEROBICS 17,30 - 18,30 hi / low LEE	AEROBICS low sculpt AMY	CIRCUIT INNOVATION PENNY 17,30- 18,10		SUN 15-Mar 16,00 - 18,00
7.00pm to 7.40pm			PILATES 6.15pm - 7.00pm ADELE									

\* terms & conditions apply

*PERFORMANCE TESTING, SPORTS SPECIFIC TRAINING, SPECIALISED TRAINING, QUALIFIED PERSONAL TRAINERS & COACHES,*

*NUTRITIONAL ADVICE, BODYFAT ASSESSMENTS, LIFESTYLE MANAGEMENT EVALUATIONS & WELLNESS EDUCATION*

Active Attitude Health & Fitness Centre cc CK 97/06186/23 VAT Registration Number: 4420177836

Member: Michael McLoughlin (Dip. Sports Psych)(IRE), 1st Class Personal Trainer (NFPT)(USA) Master Trainer(HFPA)(SA)