

Active Attitude Health & Fitness Centre - *The Fitness Lifestyle*



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

CLASS TIMETABLE - 3 JUNE to 30 JUNE 2019 website: 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 or EMAIL us at penny@activeattitude.co.za / fatbusta@gmail.com

	MON	TUES	WED	THUR	FRI	SAT	MON	TUES	WED	THUR	FRI	SAT
	03-Jun	04-Jun	05-Jun	06-Jun	07-Jun	08-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
8.00am to 9.00am	YOGA with TASH	BEACH POWER WALK DARRYL	AEROBICS interval step LEE	POWER CIRCUIT downstairs PENNY			YOGA with TASH	BEACH POWER WALK DARRYL	AEROBICS low sculpt & tums LEE	POWER CIRCUIT downstairs PENNY		
		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				INDOOR SPIN CYCLE valleys DARRYL		INDOOR SPIN CYCLE endurance DARRYL			
5.30pm to 6.15pm	CARDIO BOOST HITT training AMY	AEROBICS 17,30 - 18,30 crosstrain MARGARET	AEROBICS legs, bums & tums AMY	CIRCUIT 45 downstairs PENNY 17,30- 18,00		SUN 09-Jun 16,00 - 18,00	AEROBICS step combo 17.30 - 18.30 LEE	AEROBICS 17,30 - 18,30 hi / low MARGARET	CARDIO BOOST HITT training AMY	POWER CIRCUIT downstairs DARRYL 17,30- 18,00		SUN 16-Jun 16,00 - 18,00
6.15pm to 7.00pm			PILATES 6.15pm - 7.00pm ADELE						PILATES 6.15pm - 7.00pm ADELE			

CLASS TIMETABLE 2019

	MON	TUES	WED	THUR	FRI	SAT	MON	TUES	WED	THUR	FRI	SAT
	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
8.00am to 9.00am		BEACH POWER WALK DARRYL	AEROBICS combo step LEE	POWER CIRCUIT downstairs PENNY			YOGA with TASH	BEACH POWER WALK DARRYL	AEROBICS body conditioning LEE	POWER CIRCUIT downstairs PENNY		
		EVENING CLASSES				GYM OPEN 8,00 am		EVENING CLASSES				GYM OPEN 8,00 am
16.30 to 17.20	PUBLIC HOLIDAY GYM TIMES 16.00 - 18.00	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 valleys & hills DARRYL				INDOOR SPIN CYCLE fitness DARRYL		INDOOR SPIN CYCLE valleys & hills DARRYL			
5.30pm to 6.15pm		AEROBICS 17,30 - 18,30 interval step MARGARET	AEROBICS body sculpt AMY	POWER CIRCUIT downstairs PENNY 17,30- 18,00		SUN 23-Jun 16,00 - 18,00	AEROBICS cardio crosstrain 17.30 - 18.30 LEE	AEROBICS 17,30 - 18,30 interval step MARGARET	AEROBICS body sculpt AMY	EXPRESS CIRCUIT downstairs DARRYL 17,30- 18,00		SUN 30-Jun 16,00 - 18,00
7.00pm to 7.40pm			PILATES 6.15pm - 7.00pm ADELE						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 97705186/23 VAT Registration Number: 4420177836

Member: Michael McLoughlin (Dip. Sports Psych)(IRE), 1st Class Personal Trainer (NFP1)(USA) Master Trainer (HFP1)(SA)