



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

**CLASS TIMETABLE**

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
8.00am to 9.00am	YOGA with TASH	AEROBICS legs, bums & tums LEE	POWER CIRCUIT downstairs DARRYL	BEACH POWER WALK DARRYL	PILATES with ADELE		YOGA with TASH	AEROBICS interval step LEE	POWER CIRCUIT downstairs DARRYL	BEACH POWER WALK DARRYL	PILATES with ADELE	
	EVENING CLASSES					GYM OPEN 8,00 am TO 12.00	EVENING CLASSES					GYM OPEN 8,00 am TO 12.00
16.30 to 17.20	PILATES with ADELE			PILATES with ADELE			PILATES with ADELE			PILATES with ADELE		
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	PT STYLE AEROBIC STEP 17.30 - 18.30 LEE	AEROBICS 17,30 - 18,30 FUN WITH STEP MARGARET	AEROBICS legs, bums & tums AMY	CIRCUIT INNOVATION downstairs PENNY 17.30- 18,00		SUN 01-Dec 16,00 - 18,00	POUND with STACEY	AEROBICS 17,30 - 18,30 interval step MARGARET	AEROBICS HIIT STYLE LEE	CIRCUIT INNOVATION PENNY 17,30- 18,00		SUN 08-Dec 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	TUES	WED	THUR	FRI	SAT	MON	TUES	WED	THUR	FRI	SAT
8.00am to 9.00am	YOGA with TASH	AEROBICS step combo LEE	POWER CIRCUIT downstairs DARRYL	BEACH POWER WALK DARRYL	PILATES with ADELE		YOGA with TASH	AEROBICS basic step LEE	POWER CIRCUIT downstairs DARRYL	BEACH POWER WALK DARRYL	PILATES with ADELE	
	EVENING CLASSES					GYM OPEN 8,00 am TO 12.00	EVENING CLASSES					GYM OPEN 8,00 am TO 12.00
16.30 to 17.20	PILATES with ADELE			PILATES with ADELE			PILATES with ADELE			PILATES with ADELE		
5.45pm to 6.30pm	INDOOR SPIN CYCLE fitness DARRYL		INDOOR SPIN CYCLE valleys & hills DARRYL				INDOOR SPIN CYCLE fitness DARRYL		INDOOR SPIN CYCLE valleys & hills DARRYL			
5.30pm to 6.15pm	AEROBICS PT STYLE 17.30 - 18.30 LEE	AEROBICS 17,30 - 18,30 crosstrain MARGARET	SMASH & BURN BOX IT OUT AMY	CIRCUIT INNOVATION downstairs PENNY 17.30- 18,00		SUN 15-Dec 16,00 - 18,00	AEROBICS PT STYLE 17.30 - 18.30 LEE	AEROBICS 17,30 - 18,30 hi / low MARGARET	SMASH & BURN BOX IT OUT AMY	CIRCUIT INNOVATION PENNY 17,30- 18,00		SUN 22-Dec 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 97706186/23 VAT Registration Number: 4420177836

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