



Zone Fitness Festive Season **Wynberg**

Festive Season Time Table Dates : 17 December 2018 - 23 December 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15	CoreBurn					
7:30						
8:00						
8:30		HIIT			Coreburn	
9:00	Shape Shift		Coreburn			HIIT
10:00				HIIT		Coreburn
12:00						
16:00		Yoga			HIIT	
17:00			Kickstart			
17:00	Cardio Instanity			Coreburn		
17:30		Cardio Instanity				
18:00	Shape Shift	Tone the Zone				
20:30		Zumba				
19:00						

Feel free to download our class descriptions via our website.