



## Zone Fitness Festive Season Timetable **Wynberg**

Festive Season Time Table Dates : **07 January 2019 - 13 January 2019**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15						
7:30						
8:00	CoreBurn				CoreBurn	
8:30						Shape Shift
9:00		CoreBurn	Shape Shift	CoreBurn		Tone the Zone
10:00						
12:00						
16:00						
17:00						
17:00	HIIT	Cardio Instanity	HIIT	CoreBurn	HIIT	
17:30		Tone the Zone		Step and Weights		
18:00						

**Feel free to download our class descriptions via our website.**