



Zone Fitness Festive Season Timetable **Wynberg**

Festive Season Time Table Dates : **14 January 2019 - 20 January 2019**

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

Feel free to download our class descriptions via our website.