

# Finale 02 - 06 AUG 2010 B

Tyd/Dag	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRYDAG
EARLY BIRDS 06:00 - 06:45	Cycle JP(C.S)		Cycle SHANNON(C.S)		Cycle LIEZEL(C.S)
06:00 - 06:45	Callanetics HANNELIE(B.S)		Callanetics HANNELIE(B.S)		
07:30 - 08:15				Intermed.Pilates ANNATJIE(M.S)	
08:15 - 09:00		Pilates ANNATJIE(M.S)		Body Dynamics ANNATJIE(B.S)	Pilates LESLEY(M.S)
08:15 - 09:00	Beg.Int.Step JP(B.S)	Weight Workout LIEZEL(B.S)	Cardio ball RUSSELL(B.S)	08:30 Int. Kettle Bells RUSSELL(M.S)	Nia LUCIA(B.S)
08:15 - 09:00 Binneswembad	08:15 - 09:15 ANNATJIE(Aquafitness)		08:00 - 09:00(RUDI)		08:15 - 09:15 ANNATJIE(Aquafitness)
	Body Dynamics	Body Dynamics	Aquafitness		Body Dynamics
09:15 - 10:00	ANNATJIE(B.S)	ANNATJIE(B.S)	ANNATJIE(B.S)		ANNATJIE(B.S)
Lunch Time 13:10 - 13:50	Aerobics JP(B.S)	Bosu Conditioning MARCHANT(B.S)	Punchline JP(B.S)	Circuit MARCHANT(B.S)	Beg. Kettle Bells COENRAD(M.S)
13:10 - 13:50		Cycle TARA(C.S)	Int. Kettle Bells COENRAD(M.S)	Cycle LIEZEL(C.S)	
16:00 - 16:45	Dance Dynamics LISA(B.S)	Body Toning RUSSELL(B.S)	Cardio ball LISA(B.S)	Bosu Conditioning LISA(B.S)	
16:00 - 16:45	Beg.Cycle TARA (C.S)	Beg.Cycle LIEZEL(C.S)	Beg.Cycle JP(C.S)	Cycle TARA(C.S)	
16:00 - 16:30			Beg Yoga OLIVER(M.S)		
17:00 - 17:45	Beg Slide ANNE-MARE(B.S)	Body Toning LOUISE(B.S)	Rowing & Toning RUDI(B.S)	Punchline JP(B.S)	
17:00 - 17:45	Punchline RUSSELL(SPORT S.)	Beg Bosu RUSSELL(SPORT S.)	Cardio workout RUSSELL(SPORT S.)		
17:00 - 17:45	Int. Step LISA(SPELE S.)	Beg Punchline LISA(SPELE S.)	Beg.Intermed.Step LOUISE(Spelesaal)	Beg. Step HANNELIE(Spelesaal)	
17:00 - 17:45	Body Toning RUDI(Danssaal)	Dance Dynamics LIEZEL(Danssaal)	Body Toning ANNE-MARE(Danssaal)	Beg Yoga ANNE-MARE(Danssaal)	
17:00 - 17:45	Cycle MONIQUE(C.S)	Cycle MONIQUE(C.S)	Beg. Cycle LISA(C.S)	Cycle LIEZEL(C.S)	
17:00 - 17:45	Pilates Guest(M.S)	Beg. Yoga ANNE-MARE(M.S)	Beg. Kettle Bell JP(M.S)	Int.Kettle bells RUSSELL(M.S)	
17:30 - 18:15					Body Toning RUSSELL(D.S)
17:30 - 18:15					Beg.Int.Step JP(B.S)
17:30 - 18:15					Cycle
					SHANNON(C.S)
18:00 - 18:45	Bosu Conditioning RUSSELL(B.S)	Slide HANNELIE(B.S)	Body Toning RUSSELL(B.S)	Rowing & Toning RUDI(B.S)	
18:00 - 18:45	Body Toning HANNELIE(D.S)	Yoga OLIVER(D.S)	Dance Dynamics RUDI(D.S)	Pilates Combo HANNELIE(D.S)	
18:00 - 18:45	Beg.Intermed.Step RUDI(SPELE S.)	Aerobics ANNE-MARE(SPELE S.)	Punchline JP(SPELE S.)	Aerobics ANNE-MARE(SPELE S.)	
18:00 - 18:45	Cycle ELAINE(C.S)	Cycle SHANNON(C.S)	Cycle LIEZEL(C.S)	Cycle SHANNON(C.S)	
18:00 - 18:30	Int.Kettle Bells ANNE-MARE(M.S)	Beg. Kettle Bell RUSSELL(M.S)		Yoga OLIVER(M.S)	
19:00 - 20:00 Binneswembad	RUDI(Aquafitness) 19:00 - 20:00		ANNE-MARE(Sport Aqua) 18:00 - 19:00		

# 09 - 13 Aug 2010 A

Tyd/Dag	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIDAG
EARLY BIRDS 06:00 - 06:45			Cycle SHANNON(C.S)		Cycle LIEZEL(C.S)
06:00 - 06:45			Callanetics HANNELIE(B.S)		Pilates HANNELIE(B.S)
07:30 - 08:15				Intermed.Pilates ANNATJIE(M.S)	
08:15 - 09:00		Pilates ANNATJIE(M.S)		Body Dynamics ANNATJIE(B.S)	Pilates LESLEY(M.S)
08:15 - 09:00	Beg.Int.Step JP(B.S)	Circuit RUSSELL(B.S)	Slide RUSSELL(B.S)	08:30-09:00Kettle Bells.Int RUSSELL(M.S)	Nia LUCIA(B.S)
08:15 - 09:00 Binneswembad			08:00 - 09:00 RUDI(Aquafitness)		08:15 - 09:15 RUDI(Aquafitness)
09:15 - 10:00		Body Dynamics ANNATJIE(B.S)	Body Dynamics ANNATJIE(B.S)		Body Dynamics ANNATJIE(B.S)
Lunch Time 13:10 - 13:50	Int.Beg Step MARCHANT(B.S)	Body Toning RUSSELL(B.S)	Cardioball RUSSELL(B.S)	Weight Workout MARCHANT(B.S)	Beg.Kettle Bells COENRAD(M.S)
13:10 - 13:50		Cycle TARA(C.S)	Int. Kettle Bells COENRAD(M.S)	Cycle TARA(C.S)	
16:00 - 16:45		Body Toning ANNE-MARE(B.S)	Beg Slide ANNATJIE(B.S)	Weight Workout LIEZEL(B.S)	
16:00 - 16:45		Beg.Cycle TARA(C.S)	Beg.Cycle MONIQUE(C.S)	Cycle SHANNON(C.S)	
16:00 - 16:45					
17:00 - 17:45	Public Holiday	Body Toning LOUISE(B.S)	Rowing & Toning LISA(B.S)	Dance Dynamics RUDI(B.S)	
17:00 - 17:45		Cycle LIEZEL(C.S)	Cardio Workout RUDI(SPORT S.)		
17:00 - 17:45		BEG. PUNCHLINE RUSSELL SPELESAAL	Beg.Intermed.Step LOUISE(SPELE S.)	Multistep ANNE-MARE(SPELE S.)	
17:00 - 17:45		BODY TONING WITH HANNELIE DANSSAAL	Body Toning ANNE-MARE(D.S)	Body Toning RUSSELL(D.S)	
17:00 - 17:45		BOSU WITH ANNE-MARE SPORTSAAL	Beg.Cycle JP(C.S)	Cycle LIEZEL(C.S)	
17:00 - 17:45		YOGA STRETCH WITH OLIVE DANSSAAL	Beg. Kettle Bell RUSSELL(M.S)	Int. Kettle bells JP(M.S)	
17:30 - 18:15	Body Toning HANNELIE(D.S)				Body Toning HANNELIE(D.S)
17:30 - 18:15	Int.Step LISA(B.S)				Beg.Int.Step JP(B.S)
17:30 - 18:15					Cycle SHANNON(C.S)
18:00 - 18:45		BEG. PUNCHLINE RUSSELL SPELESAAL	Body Toning LIEZEL(B.S)	Rowing & Toning RUDI(B.S)	
18:00 - 18:45		BODY TONING WITH HANNELIE DANSSAAL	Dance Dynamics LISA(D.S)	Pilates Combo HANNELIE(D.S)	
18:00 - 18:45		BOSU WITH ANNE-MARE SPORTSAAL	Punchline ANNE-MARE(SPELE S.)	Aerobics LISA(SPELE S.)	
18:00 - 18:45		YOGA STRETCH WITH OLIVE DANSSAAL	Cycle TARA(C.S)	Cycle JP(C.S)	
18:00 - 18:45		Slide LISA(B.S)			
18:00 - 18:30		Cycle SHANNON(C.S)		Int. Kettle Bell ANNE-MARE(M.S)	
19:00 - 20:00 Binneswembad			RUDI(Sport Aqua) 18:00 - 19:00		ANNE-MARE(Aquafitness) 18:00-19:00