

	MON	TUE	WED	THU	FRI	SAT
MORNING						
6:00AM	HIIT Sipho	HITT Sipho	HIIT Patrick			
6:00AM	SPINNING Tholi	SPINNING Nathi	SPINNING Sombu	SPINNING Sombu	SPINNING Tholi	
7:00AM	BOOTCAMP Patrick	BOOTCAMP Joel	STEP Ray	BOOTCAMP Sipho	STEP Ray	
8:00AM	BOOTCAMP Joel	CORE TRAIN Zane/Moses	HIIT Sipho	CORE TRAIN Zane/Moses	HITT Sipho	SPINNING Nathi
9:00AM						HIIT Thabang/Billy
AFTERNOON						
12:00PM	SPINNING Thabang/Billy	BOOTCAMP Thabang/Billy	HIIT Thabang/Billy	SPINNING Thabang/Billy	HIIT Thabang/Billy	
4:00PM	SPINNING Sombu		SPINNING Rocky		SPINNING Nathi	
5:00PM	SPINNING Tholi	SPINNING Nathi	SPINNING Rocky	SPINNING Rocky	SPINNING Nathi	
5:00PM	HIIT Joel	CORE TRAIN Zane/Moses	HIIT Ray	CORE TRAIN Zane/Moses	BOOTCAMP Patrick	
6:00PM	BOOTCAMP Patrick	SPINNING Nathi	STEP Ray	SPINNING Rocky		
6:00PM		CORE TRAIN Zane/Moses		CORE TRAIN Zane/Moses		

The gym group sessions are facilitated by Beacon Fitness Group