

BE FITNESS TRAINING

PILATES CLASSES (Beverley Grove)

Tuesday & Friday Mornings	6h00
Thursday evenings	18h00

CARDIO & STRENGTH TRAINING CLASSES

(Beverley Grove)

Monday & Wednesday evenings	18h00
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KIDS PILATES CLASSES (Beverley Grove)

Wednesdays	12h30
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SEATED PILATES CLASSES (55 years and older)

Caritas	Wednesdays	11h15
Laubscher Park East	Tuesdays	13h30

TRIM GYM CLASSES (55 years and older)

Mondays & Wednesdays		
Caritas		11h15
Laubscher Park East		13h30

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