



Arnolds Classic Fitness Funhouse Stage Area

	Friday	
Time:	Speciality	Lead Instructor
08:00 - 09:00	Music	
09:00 - 09:30	Zumba	Devlin, Taffy, Yolanda, Anita & Amanda
09:30 - 10:00	Bounce Blade Fitness	Donna & Team
10:00 - 10:30	Jump-Aholics SA	Ilse, Roelien & Team
10:30 - 11:00	Rainbow Line Dancers	Leon & Team
11:00 - 11:30	Zumba Kids	Devlin, Taffy, Yolanda, Anita & Amanda
11:30 - 12:00	Dance Fit	Kayleen
12:00 - 12:30	POUND The Rockout Workout	Chantelle, Kerryn, Jessica, Nadia
12:30 - 13:00	Piloxing	Marcelle, Tania, Alecia & Vicky
13:00 - 13:30	Strong Nation	Lucas, Bernard, Michelle, Panashe & Chenai
13:30 - 14:00	Bounce Blade Fitness	Donna & Team
14:00 - 14:30	Zumba	Kerryn, Devlin, Taffy, Yolanda, Anita & Amanda
14:30 - 15:00	Rainbow Line Dancers	Leon & Team
15:00 - 15:30	Jump-Aholics SA	Ilse, Roelien & Team
15:30 - 16:00	Strong Nation	Lucas, Bernard, Michelle, Panashe & Chenai
16:00 - 16:30	Fitness Icon	MacD & Team
16:30 - 17:00	POUND The Rockout Workout	Chantelle, Kerryn, Jessica, Nadia
17:00	Music	



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Saturday		
Time:	Speciality	Lead Instructor
08:00 - 08:15	Music	
08:15 - 09:00	Angela Manokoana - Bootcamp	
09:00 - 09:25	POUND The Rockout Workout	Chantelle, Kerry, Jessica, Nadia
09:25 - 09:50	Jump-Aholics SA	Ilse, Roelien & Team
09:50 - 10:15	Bounce Blade Fitness	Donna & Team
10:15 - 10:30	Zumba Kids	Devlin, Taffy, Yolanda, Anita & Amanda
10:30 - 10:45	Kezone	Kerry & Team
10:45 - 11:00	Dance Fit	Kayleen
11:00 - 11:45	XFE Academy	Alicia & Team
11:45 - 12:00	Dance 4 Fun!	Alecia & Team
12:00 - 12:15	Fitness Icon	MacD & Team
12:15 - 13:05	Lucas "Ski" TAU - Orchards Tae-Bo & Aerobics	
13:05 - 13:30	Piloxing	Marcelle, Tania, Alecia & Vicky
13:30 - 13:55	Strong Nation	Lucas, Bernard, Michelle, Panashe & Chenai
13:55 - 14:20	Zumba	Devlin, Taffy, Yolanda, Anita & Amanda
14:20 - 14:40	The General's Bootcamp	Nadia & Team
14:40 - 15:05	Rainbow Line Dancers	Leon & Team
15:05 - 15:30	Jump-Aholics SA	Ilse, Roelien & Team
15:30 - 16:30	Angela Manokoana - Bootcamp	
16:30 - 17:00	Music & Registration for SWEAT & GLOW EVENT	
17:00		



	Sunday	
Time:	Speciality	Lead Instructor
08:00 - 08:30	Music	
08:30 - 09:00	Tai Chi	Chantel
09:00 - 12:00	Morning Rise Fitness Party	
12:00 - 12:15	Music	
12:15 - 12:45	Rainbow Line Dancers	Leon & Team
12:45 - 13:15	Bounce Blade Fitness	Donna & Team
13:15 - 13:30	Music	
13:30 - 13:45	Jump-Aholics SA	Ilse, Roelien & Team
13:45 - 14:00	Music	
14:00 - 14:15	Lucas "Ski" TAU - Orchards Tae-Bo & Aerobics	
14:15 - 14:45	POUND The Rockout Workout	Chantelle & Team
14:45 - 15:15	Fitness Icon	MacD & Team
15:15 - 15:45	Tai Chi	Chantel
15:30 - 16:00	Chill Zone Music, Photos, Vibe until End of Day	
16:00 - 16:30		
16:30 - 17:00		
17:00		

SWEAT & GLOW Fitness Party

Saturday Night

Time:	Specialty:	Instructor:
17:00	Pilates Flow by Piloxing	Marcelle G Zagami - Master Trainer USA, Middle East and Africa, Tania Ndlovu - Master Trainer South-Africa.
17:25	POUND The Rockout Workout	Chantelle Vorster - Level Up Pound Pro South-Africa, Kerry Stow - Pound Pro South-Africa, Jessica Collins - Pound Pro South-Africa
17:50	Piloxing SSP	Marcelle G Zagami - Master Trainer USA, Middle East and Africa. Tania Ndlovu - Master Trainer South-Africa. Alecia Nel-Monteiro - Elite Star South-Africa. Vicky Oosthuizen - Elite South-Africa.
18:15	Strong Nation	Lucas Mthenjane Sync Master Trainer South-Africa. Bernard Mandudzo - Sync Africa, Michelle Sync Africa, Panashe - Sync Africa & Chenai - Sync Africa
18:40	Zumba	Marcelle G Zagami - Zin USA, Middle East and Africa, Alecia Nel-Monteiro - Zin South-Africa, Chantelle Vorster - Zin South-Africa, Kerry Stow - Zin South-Africa, Lucas Mthenjane - Master Trainer/Zin South-Africa, Bernard Mandudzo - Zin Africa
19:15	Fitness Icon	MacD + Team
20:00	End	

Morning Rise Fitness Party

Sunday Morning

Time:	Speciality:	Instructor:
09:00	Zumba	Marcelle G Zagami - Zin USA, Middle East and Africa, Alecia Nel-Monteiro - Zin South-Africa, Chantelle Vorster - Zin South-Africa, Kerryn Stow - Zin South-Africa, Lucas Mthenjane - Master Trainer/Zin South-Africa, Bernard Mandudzo - Zin Africa
09:30	Dance Fit	Kayleen
09:50	Piloxing	Marcelle G Zagami - Master Trainer USA, Middle East and Africa. Tania Ndlovu - Master Trainer South-Africa. Alecia Nel-Monteiro - Elite Star South-Africa. Vicky Oosthuizen - Elite South-Africa.
10:20	POUND The Rockout Workout	Chantelle Vorster - Level Up Pound Pro South-Africa, Kerryn Stow - Pound Pro South-Africa, Jessica Collins Pound Pro South-Africa
10:50	Strong Nation	Lucas Mthenjane Sync Master Trainer South-Africa. Bernard Mandudzo - Sync Africa, Michelle Sync Africa, Panashe - Sync Africa & Chenai - Sync Africa
11:20	The GENERAL's Bootcamp	Nadia & Team
11:50	Pilates Flow	Marcelle G Zagami - Master Trainer USA, Middle East and Africa. Tania Ndlovu - Master Trainer South-Africa. Alecia Nel-Monteiro - Elite Star South-Africa. Vicky Oosthuizen - Elite South-Africa.

