



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	Core Train	Nkululeko Zane Dlamini
11:00 - 11:30	Zumba Kids	Devlin, Taffy, Yolanda, Anita & Amanda
11:30 - 12:00	Dance Fit	Kayleen
12:00 - 12:30	POUND Rockout	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	Piloxing Flo	Marcelle, Tania
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 Rockout	Chantelle, Kerryn, Jessica, Nadia
17:00	Music Fest at Beer Tent	



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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 Rockout	Chantelle, Kerryn, Jessica, Nadia
09:25 - 09:50	Jump-Aholics SA	Ilse, Roelien & Team
09:50 - 10:15	Bounce Blade Fitness	Donna & Team
10:15 - 10:35	Dance 4 Fun!	Alecia & Team
10:35 - 10:50	Zumba Kids	Devlin, Taffy, Yolanda, Anita & Amanda
10:50 - 11:05	Dance Fit	Kayleen
11:05 - 11:45	XFE Academy	Alicia & Team
11:45 - 12:00	The General's Bootcamp	Nadia & Team
12:00 - 12:15	Fitness Icon	MacD & Team
12:15 - 12:40	Piloxing	Marcelle, Tania, Alecia & Vicky
12:40 - 13:30	Lucas "Skio" TAU - Orchards Tae-Bo & Aerobics	
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	Jump-Aholics SA	Ilse, Roelien & Team
14:45 - 15:45	Animal Flow	Paulo Fernandes
15:50 - 16:15	Core Train	Nkululeko Zane Dlamini
16:15 - 17:00	Angela Manokoana - Bootcamp	



Arnolds Classic Fitness Funhouse Stage Area

Sunday		
Time:	Speciality	Lead Instructor
08:00 - 08:30	Music	
08:30 - 12:00	Morning Rise Fitness Party	
12:00 - 12:15	Music	
12:15 - 13:15	Bounce Blade Fitness	Donna & Team
13:15 - 13:45	Core Train	Nkululeko Zane Dlamini
13:45 - 14:00	Jump-Aholics SA	Ilse, Roelien & Team
14:00 - 14:15	TAU - Orchards Tae-Bo & Aerobics	
14:15 - 14:45	Zumba Kids	Devlin, Taffy, Yolanda, Anita & Amanda
14:45 - 15:15	Fitness Icon	MacD & Team
15:15 - 15:45	KeZone	Kerryn
15:45 - 17:00	Chill Zone - Music , Photos, Until end of day	

SWEAT & GLOW Fitness Party

Saturday Night

Time:	Specialty:	Instructor:
17:00	Pilates Flow by Piloxing	Marcelle G Zagami - Master Trainer USA, Middle East, Tania Ndlovu - Master Trainer South-Africa.
17:25	POUND The Rockout Workout	Chantelle Vorster - Level Up Pound Pro South-Africa, Kerryn Stow - Pound Pro South-Africa, Jessica Collins - Pound Pro South-Africa
17:50	Piloxing SSP	Marcelle G Zagami - Master Trainer USA, Middle East. 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, 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, Panashe - Zin Africa
19:15	Fitness Icon	MacD + Team
19:45	Core Train	Nkululeko Zane Dlamini
20:15	This is me	All Instructors

Morning Rise Fitness Party

Sunday Morning

Time:	Speciality:	Instructor:
08:30	Tai Chi	Chantel
9:00	Zumba	Devlin - Zin South-Africa, Taffy - Zin South-Africa, Yolanda - Zin South-Africa, Anita - Zin South-Africa , Amanda - Zin South-Africa , Chantelle - Zin South-Africa, Kerryn - Zin South-Africa
9:35	Dance Fit	Kayleen
9:50	Piloxing	Marcelle G Zagami - Master Trainer USA, Middle East. 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.