**AEROBICS CLASSES**



**EVERY TUESDAY, WEDNESDAY & FRIDAY**

**TIME:**

**17H00 – 18H00 (BEGINNERS)**

**18H00 – 19H00 (ADVANCE GROUP)**

**Venue: CJ HALL (Next to CJ Residence)**

COME WITNESS THE FUN IN THE FORM OF FITNESS AS WE DEMOSTRATE WHAT WE ARE ALL ABOUT.

**CONTACT PERSON: LUNGELO 084 465 5159 / MENZI 074 300 2654**