



2025 Aerobics Time Table

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:00- 06:00	BOX *KAMUZU*	F.R.T. *NATHI*	BODY-CON *MENZI*	BOX *MAZWE*	HI-LO *AYANDA*	
08:00 - 09:00	BODY-CON *MANDISA*	BOX *SENZO*		F.R.T. *STOX*		YOGA *MELANIE*
17:30- 18:30	STEP *BHANYAZA*	POWER BOX *ANDY*	STEP BOX *MUSA*	FUNCTIONAL *SENZO*		