



### Harare Fitness Class

Date	Time	Venue	Class
Tuesday	5.30pm	National Ballet	Taebo
Wednesday -	5.30pm	National Ballet	Step
Thursday	5.30pm	FBC Old Hararians Sports Club	High Intensity Interval Training
Friday	5.30pm	National Ballet Centre	Zumba

### Bulawayo Fitness Class Schedule

Date	Time	Venue	Class
Monday	5.30pm	Pro Active Fitness	Cardio - Step
Tuesday	5.30pm	Pro Active Fitness	Resistance training - Pump
Wednesday	5.30pm	Pro Active Fitness	Taebo
Thursday	5.30pm	Pro Active Fitness	Resistance training-Light weights
Friday	5.30pm	Pro Active Fitness	Spin

### Gweru Fitness Class

Day	Time	Venue	Class
Monday	5.30pm	Roman Catholic Cathedral Hall	Zumba
Tuesday	5.30pm	Roman Catholic Cathedral Hall	Aerobics
Wednesday	5.30pm	Roman Catholic Cathedral Hall	High Intensive interval Training
Thursday	5.30pm	Roman Catholic Cathedral Hall	Cross training

### Masvingo Fitness Class

Day	Time	Venue	Class
Monday	5.30pm	Charles Austin Hall Theatre Civic Centre	Strong by Zumba
Tuesday	5.30pm	Charles Austin Hall Theatre Civic Centre	Circuit Training
Wednesday	5.30pm	Charles Austin Hall Theatre Civic Centre	Taebo
Thursday	5.30pm	Charles Austin Hall Theatre Civic Centre	Strength Work