

FIBO GLOBAL
FITNESS
AFRICA



Presented by

Dis-Chem
PHARMACIES

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#FIBOAFRICA19

Breathe

BOS FitZEN Studio PROGRAMME

Organised By:

 Reed Exhibitions

Member Of:



DON'T FORGET TO BRING



+



+



water bottle

sweat towel

exercise mat

BOS FitZEN Studio PROGRAMME



Powered by



| TIME | CLASS DETAILS | INSTRUCTOR |
|----------------------------------|--|--|
| FRIDAY, 25 OCTOBER 2019 | | |
| 11h15 - 11h45 | New Mommies Fitness Class (Space is Limited) | Kayla Murphy and Gill Scheepers powered by FITMama |
| 12h45 - 13h15 | Power Vinyasa Yoga | Clint Smith, The Yoga Republic |
| 13h30 - 14h00 | Ballet Barre Class: Latin Moves | Oriana Franco, BE FIT USA |
| 14h15 - 14h45 | Introduction to Brazilian Jiu Jitsu & Self Defence | James Gemmell, Gracie Barra |
| 15h00 - 15h30 | ZENYoga | Tawana Randall, The Yoga Company |
| 15h45 - 16h15 | aXis Pilates | Danielle Van Rensburg, MovementX |
| 16h30 - 17h00 | Meditation Session | Léchar Perfect, SOULFULNESS |
| 17h15 - 17h45 | Jima Box (Kick boxing moves) | Yolisa Hamilton, Group Exercise 'Jima' |
| 18h00 - 18h30 | TwerkBooty | Miss PVK, Twerk Dance Fitness |
| 18h45 - 19h15 | Rhopes Demo | Stephen Ezute, Rhopes Fitness |
| SATURDAY, 26 OCTOBER 2019 | | |
| 08h30 - 09h15 | The magic of rooibos with BOS and YOGA | Geraldine Anderson, Pure Yoga |
| 10h00 - 10h30 | Shred Yoga Inspired - Burning Calories | Claire Smith, The Yoga Republic |
| 10h45 - 11h15 | Functional Yoga | Tawana Randall, The Yoga Company |
| 11h30 - 12h00 | Preggy Exercise Class (Space is Limited) | Kayla Murphy and Gill Scheepers powered by FITMama |
| 12h15 - 12h45 | Primal Movement | Dave Gardner, Original Condition |
| SELF LOVE MOVEMENT | | |
| 13h15 - 13h45 | Vinyasa Sculpt: Flow Yoga & Toning | Wardah Hartley, Fabufit Yoga and Movement |
| 13h45 - 14h15 | Networking & Prosecco Tasting | Hosted by Skinny SA (Not for sale to under 18s) |
| 14h30 - 15h00 | Meditation | Michelle Leicher, Lotus Lifestyle Group |
| 15h15 - 15h45 | Yoga Nidra | Geraldine Anderson, Pure Yoga |
| 16h00 - 16h30 | SOMA Yoga | Izelle Nair, Earth Yoga Studio |
| 16h45 - 17h15 | Meditation | Léchar Perfect, SOULFULNESS |
| 17h30 - 18h00 | Ballet Barre Class: Latin Moves | Oriana Franco, BE FIT USA |
| 18h15 - 18h45 | NIA Class | Pam Marsh, NIA Gauteng |
| SUNDAY, 27 OCTOBER 2019 | | |
| 10h00 - 10h30 | Preggie Moms | Nicole Pina, Balance Studios |
| 10h45 - 11h15 | Pilates | Seugnette Pretorius, Pilates Dynamics |
| 11h30 - 12h00 | ZENYoga | Tawana Randall, The Yoga Company |
| 13h15 - 14h15 | Yoga Class | Paige Cassidy Coetsee, The Yogi Paige |
| 14h30 - 15h00 | Meditation Session | Léchar Perfect, SOULFULNESS |
| 15h15 - 15h45 | NIA Class | Pam Marsh, NIA Gauteng |



Programme is subject to change

Space is Limited, first come first serve.

**ALL CLASSES
INCLUDED IN
TICKET PRICE**

TICKETS VIA *Computicket*

Pre-Sales:

R120 DAY PASS per person
R250 WEEKEND PASS per person

Door Sales:

R150 DAY PASS per person
R275 WEEKEND PASS per person

KIDS UNDER 12 FREE

Supervised Kids' Zone

Pre-Sales:

R100 DAY PASS per person
R180 WEEKEND PASS per person

Door Sales:

R120 DAY PASS per person
R180 WEEKEND PASS per person

TIMES

25 OCTOBER 2019
10h00 - 20h00

26 OCTOBER 2019
09h00 - 19h00

27 OCTOBER 2019
09h00 - 16h00