

FIBO GLOBAL
FITNESS
AFRICA

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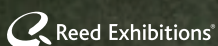
#FIBOAFRICA19

Presented by

Dis-Chem
PHARMACIES

FitMOVE Studio PROGRAMME

Organised By:



Member Of:



DON'T FORGET TO BRING



+



+



water bottle




sweat towel

exercise mat

FitMOVE Studio PROGRAMME

Powered by



TIME	CLASS DETAILS	INSTRUCTOR
FRIDAY, 25 OCTOBER 2019		
10h15 - 10h45	African Dance: Street, traditional, contemporary	Mpho Kunene, Box Unlimited
11h00 - 11h30	STEP	Gusmari Maritz
CORPORATE BOOTCAMP CHALLENGE		
11h45 - 16h00	   <p>IN SUPPORT OF</p>	24 teams will take part in the bootcamp to find the fittest CEO and company. Teams will take part in three events: The Dis-Chem Trolley Dash, MX4 Challenge and the FitMOVE Studio Challenge. Teams will be awarded points per event and the team with the most points will win the Corporate Challenge.
16h00 - 16h30	LR Bounce Back (Rebounding)	Lisa Raleigh
16h45 - 17h15	Sass It Up Aerobics	Micheal Julius, MJ Fitness South Africa
18h00 - 20h00	Funfit Warrior Party: Unleash your inner warrior through Dance and Kick	Mamo Maloka, FunFit Club
SATURDAY, 26 OCTOBER 2019		
09h30 - 10h00	LR Bounce Back (Rebounding)	Lisa Raleigh
10h15 - 10h45	BootyBurn	Slim Shanty, Insync
11h00 - 12h00	Tag Team Fitness	FitPro Instructors
12h30 - 13h00	Old School Aerobics	Gusmari Maritz
13h15 - 13h45	The Mix by Piloxing	Tania Ndlovu
14h00 - 14h30	Strong By Zumba	Ihuoma Nwigwe, SELFITNESSNG
14h45 - 15h15	Boxing	Alpheus Walker
15h30 - 16h00	MetaFit	Justin Corcoran
16h15 - 16h45	Pound Fit	Yolandi Rogers & Nicole Pina, Balance Studios
17h00 - 17h30	Strong30	Lucas Mthenjane
17h45 - 18h15	TwerkBooty	Miss PVK, Twerk Dance Fitness
SUNDAY, 27 OCTOBER 2019		
09h30 - 10h30	SOKAFIT	Faith Modise, Bodyfab Lifestyle
10h45 - 11h15	LR Bounce Back (Rebounding)	Lisa Raleigh
11h30 - 12h00	The Mix by Piloxing	Tania Ndlovu
12h15 - 12h45	MetaFit Pro	Justin Corcoran
13h00 - 13h30	Step Class	Gusmari Maritz
13h45 - 14h15	HIIT Class	Lindsay Harris, FitFirst Training
14h30 - 15h00	Strong By Zumba	Ihuoma Nwigwe, SELFITNESSNG
15h15 - 15h45	Self Defence Class	Renette De Munnik, Balance Studio

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
R120 DAY PASS per person
R180 WEEKEND PASS per person

Door Sales:

TIMES

25 OCTOBER 2019
10h00 - 20h00

26 OCTOBER 2019
09h00 - 19h00

27 OCTOBER 2019
09h00 - 16h00