

# GX CLASS TIMETABLE



St Brelade's Bay Hotel  
JERSEY

MONDAY

**BODYPUMP**



09.30 - 10.30

**HOT YOGA**



10.45 - 11.45

**SPIN**



18.15 - 19.00

**\*FGT HIIT**



18.00 - 18.30

**YOGA**



18.45 - 19.45









\*FGT classes will take place on the gym floor

# GX CLASS TIMETABLE



St Brelade's Bay Hotel  
JERSEY

TUESDAY

<b>SPIN</b>	 09.00 - 09.45
<b>CIRCUITS</b>	 09.50 - 10.35
<b>FITBALL</b>	 10.45 - 11.30
<b>AQUA</b>	 10.15 - 11.00
<b>BEGINNERS PILATES</b>	 11.35 - 12.35
<b>*GLUTE GAINS</b>	 18.00 - 18.30
<b>YOGA &amp; CORE</b>	 18.15 - 19.10
<b>INSANITY</b>	 19.15 - 20.00

\*FGT classes will take place on the gym floor

# GX CLASS TIMETABLE



St Brelade's Bay Hotel  
JERSEY

WEDNESDAY

**SPIN**  08.40 - 09.25

---

**CARDIO  
& CORE**  09.35 - 10.35

---

**PILATES**  11.00 - 12.00

---

**\*FGT HIIT**  18.00 - 18.30

---

**SPIN**  18.15 - 19.00

---

**AQUA**  18.15 - 19.00

---

**YOGA**  19.15 - 20.30

---

\*FGT classes will take place on the gym floor


# GX CLASS TIMETABLE




St Brelade's Bay Hotel  
JERSEY

# THURSDAY


**EXPRESS  
SPIN**

 08.30 - 09.00


**SPIN**

 09.15 - 10.00


**LATINO**

 10.30 - 11.30

**AQUA**

 12.00 - 12.45

**PILATES**

 18.15 - 19.15

\*FGT classes will take place on the gym floor

# GX CLASS TIMETABLE



St Brelade's Bay Hotel  
JERSEY

FRIDAY

**BODYPUMP**



09.30 - 10.30

**STRETCH  
&TONE**



10.45 - 11.30

**TAI CHI**



12.00 - 13.00

\*FGT classes will take place on the gym floor


# GX CLASS TIMETABLE




St Brelade's Bay Hotel  
JERSEY

# SATURDAY


**SPIN**

 09.00 - 09.45

**MUSCLE  
PUMP**

 10.30 - 11.30

**AQUA**

 09.00 - 09.45

\*FGT classes will take place on the gym floor


# GX CLASS TIMETABLE




St Brelade's Bay Hotel  
JERSEY

SUNDAY

**LATINO**

 09.15 - 10.15

**YOGA**

 10.30 - 11.45

\*FGT classes will take place on the gym floor