

GX CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 09.30 – 10.30	SPIN 09.00 – 10.00	SPIN 08.40 – 09.25	SPIN 09.00 – 10.00	BODYPUMP 09.30 – 10.30	SPIN 09.00 – 09.45	LATINO 09.15 – 10.15
FGT HIIT 10.00- 10.30	CIRCUITS 09.50 – 10.35	CARDIO & CORE 09.30-10.30	BOXFIT 09.30-10.15 **NEW CLASS** Starts 5 th March	STRETCH & TONE 10.45 – 11.30	BOXFIT 10.00 – 10.45	YOGA 10.30 – 11.45
STRETCH & TONE 10.45 – 11.45	AQUA 10.15 – 11.00	PILATES 11.00 – 12.00	LATINO 10.30 – 11.30	TAI CHI 11.45 – 13.00	AQUA 09.00 – 09.45	
SPIN 18.15 – 19.00	FITBALL 10.45 – 11.30	SPIN 18.15 – 19.00	AQUA YOGA 12.00 - 12.45	MAT PILATES 13.10 – 14.00		
YOGA 19.00 – 20.15	PILATES 11.35 – 12.35	AQUA 18.15 – 19.00	FGT HIIT 18.00 – 18.30			
	FGT HIIT 18.00 – 18.30	YOGA 19.15 – 20.30	PILATES 18.15-19.15			
	YOGA & CORE 18.15 – 19.10					