

# GEX TIMETABLE



MONDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
BODY COMBAT	09:00-09:45	STUDIO 1	ANGELIKI
BODY PUMP	10:15-11:15	STUDIO 1	PAMELA
AQUA shallow	10:15-11:00	POOL	GLEN
AQUA deep	11:00-11:45	POOL	GLEN
FLOW YOGA	11:25-12:25	STUDIO 1	PAMELA
BODY BALANCE	18:00-19:00	STUDIO 1	ANGELIKI
TUESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
BODY COMBAT	09:00-09:45	STUDIO 1	ANGELIKI
BODY BALANCE	09:45-10:30	STUDIO 1	ANGELIKI
PILATES	12:00-13:00	STUDIO 1	ADRIENNE
ZUMBA	18:30-19:30	STUDIO 1	ANNA
SPIN	18:30-19:15	SPIN STUDIO	TREVOR
WEDNESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
ZUMBA GOLD	09:45-10:45	STUDIO 1	ANNA
50+ AQUA	11:30-12:15	POOL	AGA
BODY BALANCE	10:45-11:30	STUDIO 1	MARILIA
PILATES	12:30-13:30	STUDIO 1	SUZANNE
BODY COMBAT	18:30-19:15	STUDIO 1	ANGELIKI
THURSDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
BODY BALANCE	09:30-10:15	STUDIO 1	ANGELIKI
LEGS, BUMS & TUMS	10:15-11:00	STUDIO 1	ANGELIKI
SPIN	19:15-20:00	SPIN STUDIO	TREVOR
FRIDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
BODY BALANCE	08:30-09:30	STUDIO 1	ANGELIKI
AQUA shallow	09:00-09:45	POOL	GLEN
BODY PUMP	09:30-10:15	STUDIO 1	ANGELIKI
AQUA (WOMENS ONLY) deep	09:45-10:30	POOL	GLEN
AQUA (WOMENS ONLY) shallow	10:30-11:15	POOL	GLEN
PILATES	11:00-12:00	STUDIO 1	SUZANNE
SATURDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
BODY BALANCE	09:00-09:45	STUDIO 1	ANGELIKI
HATHA YOGA	10:30-12:00	STUDIO 1	LAVANYA
SUNDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
BODY COMBAT	09:30-10:15	STUDIO 1	ANGELIKI
BODY BALANCE	10:15-11:00	STUDIO 1	ANGELIKI