

# GEX TIMETABLE – May 2021



MONDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Body Conditioning	09:30-10:30	2	Sarpreet
LBT	10:45-11:45	2	Sarpreet
Pump	10:30-11:15	1	Bo
Aqua	10:15-11:15	Pool	Jeanette
Pilates	11:30-12:30	2	Jeanette
Body Blast	17:30-18:30	1	Moriel
Yoga	18:30-20:00	2	Sat Siri
TUESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Yoga	09:00-10:30	2	Sat Siri
Therapeutic Yoga	11:45-12:45	2	Soranny
Chair Yoga	13:00-14:00	2	Soranny
Bootcamp	18:00-18:45	1	Majek
Bokwa	19:00-19:45	1	Majek
WEDNESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Spin	09:30-10:30	Spin	Soranny
Rumba	10:15-11:00	2	Soranny
Body Balance	11:15-12:00	2	Soranny
Aqua	12:15-13:00	Pool	Soranny
Circuits	18:00-18:45	1	Majek
Pump	19:00-19:45	1	Bozena
Spin	19:00-19:45	Spin	Majek
THURSDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Yoga	09:00-10:30	2	Sat Siri
Tai Chi	12:45-13:45	2	Soranny
Pilates	14:00-15:00	2	Soranny
Bhangra	19:00-20:00	1	Yasmin
FRIDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Yoga	08:30-10:00	2	Sat Siri
HIIT	09:30-10:00	1	Sarpreet
Abs	10:15-10:45	1	Sarpreet
Pump	10:15-11:00	2	Bozena
Pilates	11:15-12:15	2	Jeanette
Aqua	12:30-13:15	Pool	Jeanette
Bokwa	18:30-19:30	1	Majek
Yoga	18:30-20:00	2	Shakta
SATURDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Pump	11:00-11:45	1	Bo
Zumba	10:00-10:45	2	Simona
Pound	11:00-11:45	2	Simona
SUNDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Circuit	09:00-09:45	1	Majek
Body Conditioning	10:00-10:45	1	Majek
LBT	11:00-11:45	1	Majek