

# GEX TIMETABLE



BRENTFORD 2021

MONDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Spin	09:45 – 10:30	Spin	Louise
Weight & HITT	10:30 – 11:30	1	Louise
Kundalini Yoga	16:00 – 17:30	1	Sat Siri
Pilates	20:15 – 21:15	1	Suzanne
TUESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Body Balance	10:30 – 11:30	1	Linda
Hatha Yoga	13:00 – 14:30	1	Pareena
Taekwondo Hire	17:00 – 18:30	1	Private Hire
Body Attack	19:00 – 20:00	1	Carolyn
WEDNESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Pilates	09:30 – 10:30	1	Maxine
Spin	09:45 – 10:30	Spin	Louise
Insanity	10:30 – 11:30	1	Louise
Legs, Bums & Tums	18:00-18:45	1	Sue
Step & Tone	18:45 -19:45	1	Sue
Aqua	19:00 – 20:00	Leisure Pool	Danny
Ashtanga Vinyasa Yoga	20:00 – 21:30	Studio	Amisha
THURSDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Body Pump	09:30 - 10:30	1	Marilia
Body Balance	10:30 – 11:30	1	Marilia
Aqua	12:00 – 13:00	Leisure Pool	Danny
Spin	18:15– 19:00	Spin	Louise
Insanity	19:00 – 20:00	1	Louise
FRIDAY			
Boxfit	09:45 – 10:30	1	Louise
Spin	10:30– 11:15	Spin	Louise
Total Body Conditioning	12:00 – 13:00	1	Agnieszka
Taekwondo	17:00 – 18:30	1	Private Hire
Zumba	18:30 – 19:30	1	Anna
SATURDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Body Attack	08:45 – 09:30	1	Carolyn
Body Blast	11:00 – 12:00	1	Sue
Ashtanga Vinyasa Yoga	12:00– 13:30	1	Amisha
SUNDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Hatha Yoga	08:30 – 09:45	1	Ami
Zumba	09:45 – 10:45	1	Anna
Hatha Yoga	10:45 - 12:15	1	Ami