

GEX TIMETABLE



New Chiswick Pool 15th November 2021

MONDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
BODY PUMP	10:15-11:15	STUDIO 1	PAMELA
FLOW YOGA	11:25-12:25	STUDIO 1	PAMELA
AQUA MIX	11:00-11:45	POOL	AGA
AQUA MIX	11:45-12:30	POOL	AGA
BODY COMBAT	18:30-19:15	STUDIO 1	ANGELIKI
BODY BALANCE	19:15-20:00	STUDIO 1	ANGELIKI
TUESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
BODY COMBAT	10:00-10:45	STUDIO 1	ANGELIKI
BODY BALANCE	10:45-11:30	STUDIO 1	ANGELIKI
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
AQUA +50 MIX	11:30-12:15	POOL	AGA
AQUA MIX	12:15-13:00	POOL	AGA
BODY BALANCE	10:45-11:30	STUDIO 1	MARILIA
PILATES	12:30-13:30	STUDIO 1	SUZANNE
BODY PUMP	18:00-18:30	STUDIO 1	ANGELIKI
BODY COMBAT	18:30-19:00	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
AQUA MIX	11:45-12:30	POOL	AGA
SPIN	19:15-20:00	SPIN STUDIO	TREVOR
FRIDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
BODY BALANCE	08:30-09:30	STUDIO 1	ANGELIKI
AQUA shallow	09:15-10:00	POOL	SUZANNE
BODY PUMP	09:30-10:15	STUDIO 1	ANGELIKI
AQUA (WOMENS ONLY) SHALLOW	10:00-10:45	POOL	SUZANNE
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 1	INSTRUCTOR
BODY PUMP	08:30-09:30	STUDIO 1	MARILIA
BODY COMBAT	09:30-10:15	STUDIO 1	ANGELIKI
BODY BALANCE	10:15-11:00	STUDIO 1	ANGELIKI