

# GEX TIMETABLE

MONDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Body Conditioning	09:30-10:15	2	Sarpreet
LBT	10:30-11:15	2	Sarpreet
Pump	10:30-11:30	1	Bo
Aqua	10:30-11:30	Pool	Jeanette
Pilates	11:30 -12:30	2	Jeanette
Therapeutic Yoga	13:30-14:30	2	Soranny
Body Blast	18:00-19:00	1	Moriel
Yoga	18:30-20:00	2	Sat Siri
TUESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Combat	08:00-09:00	1	Yuki
Kundalini Yoga	09:00-10:30	2	Sat Siri
Body Conditioning	09:30-10:30	1	Sarpreet
LBT	10:30-11:30	1	Sarpreet
Bootcamp	18:00-18:45	1	Majek
Bokwa Fitness	19:00-19:45	1	Majek
Boxfit	20:00-21:00	1	Majek
WEDNESDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Spin	09:30-10:00	Spin	Soranny
Rumba	10:15-11:00	2	Soranny
Body Balance	11:15-12:00	2	Soranny
Aqua	12:15-13:00	Pool	Soranny
Chair Yoga	13:00-14:00	2	Soranny
Circuits	18:00-19:00	1	Majek
Balance	19:00-19:45	2	Yuki
Pump	19:00-20:00	1	Bozena
Spin	19:00-20:00	Spin	Majek
THURSDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
HIIT	09:00-09:45	1	Yuki
Yoga	09:00-10:30	2	Sat Siri
Pilates	11:45-12:45	2	Soranny
Tai Cji	12:45-13:45	2	Soranny
Zumba	18:00-19:00	1	Simona
Pound	19:00-19:45	1	Simona
Bhangra	20:00-21:00	1	Yasmin
FRIDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Kundalini Yoga	08:30-10:00	2	Sat Siri
HIIT	09:30-10:00	1	Sarpreet
Abs	10:00-10:30	1	Sarpreet
Pump	10:00-11:00	2	Bozena
Pilates	11:15-12:15	2	Jeanette
Aqua	12:15-13:15	Pool	Jeanette
Bokwa Dance	18:30-19:30	1	Majek
LBT	19:00-20:30	1	Majek
Yoga	19:30-20:30	2	Shakta
SATURDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Balance	09:00-10:00	2	Yuki
Pump	11:00-12:00	2	Bo
Zumba	10:00-11:00	1	Simona
Pound	11:00-11:45	1	Simona
SUNDAY			
CLASS	TIME	STUDIO	INSTRUCTOR
Circuit	09:00-10:00	1	Majek
Body Conditioning	10:00-11:00	1	Majek
LBT	11:00-12:00	1	Majek