

PEAK FITNESS

FUELLED BY SCIENCE

GX SCHEDULE APRIL 2018

ENERGY STUDIO



	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6.30 PM	7.30 PM	8.30 PM	9.30 PM
MON	6.45am - Learn The Moves 7.15asm - BODYBALANCE VIRTUAL		FLOW YOGA SELINE	ZUMBA FITNESS DANI	11am - Learn The Moves 11.10am - BODYPUMP VIRTUAL	12.15pm - BODYCOMBAT VIRTUAL						STRONG +ZUMBA YATT	LESMILLS BODYCOMBAT ADRIAN	LESMILLS BODYPUMP AARON	
TUE	6.45am - Learn The Moves 7.15am - BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL	ZUMBA FITNESS DANI	BODYBALANCE VIRTUAL	11am - Learn The Moves 11.10am - BODYCOMBAT VIRTUAL	12.15pm - CKWORK VIRTUAL	1.15pm - BODYPUMP VIRTUAL	2.15pm - BODYCOMBAT VIRTUAL	3.30pm - SH'BAM VIRTUAL	4.30pm - BODYCOMBAT VIRTUAL	5.30pm - BODYBALANCE VIRTUAL	LESMILLS BODYCOMBAT SYED	LESMILLS BODYPUMP SYED	SALSATION/ UJAM BECKY	
WED	CKWORK VIRTUAL	BODYBALANCE VIRTUAL	LESMILLS BODYPUMP MAY	SH'BAM VIRTUAL	11am - Learn The Moves 11.10am - SH'BAM VIRTUAL	12.15pm - BODYPUMP VIRTUAL	BODYCOMBAT VIRTUAL	2.15pm - CKWORK VIRTUAL	BODYPUMP VIRTUAL	SH'BAM VIRTUAL	BODYCOMBAT VIRTUAL	LESMILLS BODYCOMBAT ADRIAN	LESMILLS SH'BAM RIEZZ	YOGA XIANG	
THURS	6.45pm - Learn The Moves 7am - BODYPUMP VIRTUAL	CKWORK VIRTUAL	SH'BAM VIRTUAL	ZUMBA FITNESS ADELINA	11am - Learn The Moves 11.10am - BODYBALANCE VIRTUAL	12.15pm - SH'BAM VIRTUAL	CKWORK VIRTUAL	BODYBALANCE VIRTUAL	SH'BAM VIRTUAL	BODYCOMBAT VIRTUAL	5.30pm - SH'BAM VIRTUAL	LESMILLS BODYPUMP SYED	LESMILLS BODYCOMBAT EDDIE	YOGA DORIS	ZUMBA FITNESS ADELINA
FRI	6.45am - Learn The Moves 7am - SH'BAM VIRTUAL	BODYCOMBAT VIRTUAL	9am - BODYPUMP VIRTUAL	10.30am - CKWORK VIRTUAL	10.45am - Learn The Moves 11am - BODYPUMP VIRTUAL	12.15pm - BODYBALANCE VIRTUAL	SH'BAM VIRTUAL	SH'BAM VIRTUAL	BODYPUMP VIRTUAL	4.15pm - CKWORK VIRTUAL	BODYBALANCE VIRTUAL	YOGA ELAINE	LESMILLS SH'BAM ILLA	LESMILLS BODYPUMP AARON	
SAT		9am - SH'BAM VIRTUAL		10.30 AM YOGA REGINE	11 AM	11.30 AM	1 PM LESMILLS SH'BAM JASON	2 PM LESMILLS BODYCOMBAT JAYSEAN	3 PM LESMILLS BODYPUMP JASON	4 PM	5.15 PM	6.15 PM			
SUN		9am - BODYCOMBAT VIRTUAL	YIN YOGA ELAINE		ZUMBA FITNESS ADELINA		1pm - BODYPUMP VIRTUAL	BODYCOMBAT VIRTUAL	CKWORK VIRTUAL	4.15pm - BODYBALANCE VIRTUAL	5.30pm - SH'BAM VIRTUAL				