






PEAK FITNESS

FUELLED BY SCIENCE

GX SCHEDULE MAY 2018

ENERGY STUDIO

	9 AM	10 AM	12 PM	6.30 PM	7.30 PM	8.30 PM	9.30 PM		
MONDAY	 <p>FLOW YOGA SELINE</p>	 <p>ZUMBA DANI</p>		 <p>STRONG BY ZUMBA YATT</p>	 <p>LES MILLS BODYCOMBAT ADRIAN</p>	 <p>LES MILLS BODYPUMP AARON</p>			
TUESDAY	 <p>ZUMBA DANI</p>			 <p>LES MILLS BODYCOMBAT SYED</p>	 <p>LES MILLS BODYPUMP SYED</p>	<p>SALSATION / UJAM UNA</p>			
WEDNESDAY	 <p>LES MILLS BODYPUMP MAY</p>			 <p>LES MILLS BODYCOMBAT ADRIAN</p>	<p>LES MILLS SH'BAM RIEZZ</p>	<p>YOGA XIANG</p>			
THURSDAY		 <p>ZUMBA ADELINA</p>		 <p>LES MILLS BODYPUMP SYED</p>	 <p>LES MILLS BODYCOMBAT EDDIE</p>	<p>YOGA DORIS</p>	 <p>ZUMBA ADELINA</p>		
FRIDAY				<p>YOGA ELAINE</p>	<p>LES MILLS SH'BAM ILLA</p>	 <p>LES MILLS BODYPUMP AARON</p>			
SATURDAY				<p>10.30 AM</p>	<p>11 AM</p>	<p>11.30 AM</p>	<p>1 PM</p>	<p>2 PM</p>	<p>3 PM</p>
SATURDAY		<p>YOGA REGINE</p>		 <p>LES MILLS SH'BAM JASON</p>	 <p>LES MILLS BODYCOMBAT JAYSEAN</p>	 <p>LES MILLS BODYPUMP JASON</p>			
SUNDAY	<p>YIN YOGA ELAINE</p>		 <p>ZUMBA ADELINA</p>						