

PEAK FITNESS

GX SCHEDULE OCTOBER 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	6.45 AM LES MILLS BODY BALANCE VIRTUAL	NEW! LES MILLS BODYCOMBAT MYKE	FLOW YOGA SELINE	LES MILLS SH'BAM MYKE	NEW! CORE JON	12.15 PM LES MILLS BODY COMBAT VIRTUAL	LES MILLS BODY BALANCE VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS BODY COMBAT VIRTUAL		LES MILLS CXWORX VIRTUAL	LES MILLS BODYCOMBAT ALEX	LES MILLS BODYPUMP AARON	ZUMBA YATT		
TUE	6.45 AM LES MILLS BODY COMBAT VIRTUAL	BODYPUMP VIRTUAL	ZUMBA DANI	NEW! LES MILLS BODYPUMP ALEX	LES MILLS BODY COMBAT VIRTUAL	12.15 PM LES MILLS CXWORX VIRTUAL	1.15 PM LES MILLS BODYPUMP VIRTUAL	2.15 PM LES MILLS BODY COMBAT VIRTUAL	3.30 PM LES MILLS SH'BAM VIRTUAL	4.30 PM LES MILLS BODY COMBAT VIRTUAL	5.30 PM LES MILLS BODY BALANCE VIRTUAL	LES MILLS BODYPUMP SYED	LES MILLS BODYCOMBAT SYED	SALSATION/ UJAM UNA		
WED	LES MILLS CXWORX VIRTUAL	LES MILLS BODY BALANCE VIRTUAL	NEW! LES MILLS BODYCOMBAT JON	NEW! CORE JON	NEW! LES MILLS SH'BAM VIRTUAL	12.15 PM LES MILLS BODYPUMP VIRTUAL	LES MILLS BODY COMBAT VIRTUAL	2.15 PM LES MILLS CXWORX VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS BODY COMBAT VIRTUAL	LES MILLS BODYCOMBAT NINA	LES MILLS SH'BAM RIEZZS	YOGA XIANG		
THURS	6.45 AM BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL	NEW! LES MILLS BODYPUMP MYKE	ZUMBA ADELINA	LES MILLS BODY BALANCE VIRTUAL	12.15 PM LES MILLS SH'BAM VIRTUAL	LES MILLS CXWORX VIRTUAL	LES MILLS BODY BALANCE VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS BODY COMBAT VIRTUAL	5.30 PM LES MILLS SH'BAM VIRTUAL	LES MILLS BODYPUMP SYED	LES MILLS BODYCOMBAT EDDIE	YOGA DORIS	ZUMBA ADELINA	
FRI	6.45 AM LES MILLS SH'BAM VIRTUAL	NEW! LES MILLS BODY COMBAT VIRTUAL	YOGA ELAINE	LES MILLS CXWORX VIRTUAL	NEW! METCON JON	12.15 PM LES MILLS BODY BALANCE VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS BODYPUMP VIRTUAL	4.15 PM LES MILLS CXWORX VIRTUAL	LES MILLS BODY BALANCE VIRTUAL	YOGA XIANG	LES MILLS SH'BAM ILLA	LES MILLS BODYPUMP AARON		
SAT	9 AM LES MILLS SH'BAM VIRTUAL	NEW! LES MILLS BODYCOMBAT ALEX		YOGA REGINE		NEW! LES MILLS BODYPUMP ALEX	LES MILLS SH'BAM JASON			LES MILLS BODY COMBAT VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODY BALANCE VIRTUAL				
SUN	LES MILLS BODY COMBAT VIRTUAL		YIN YOGA ELAINE		ZUMBA ADELINA		LES MILLS BODYPUMP VIRTUAL	LES MILLS BODY COMBAT VIRTUAL	LES MILLS CXWORX VIRTUAL	4.15 PM LES MILLS BODY BALANCE VIRTUAL	5.30 PM LES MILLS SH'BAM VIRTUAL					