

PEAK FITNESS

GX SCHEDULE JANUARY 2019

ENERGY STUDIO



Join any "Boost Juice" class & enjoy **50% off your 2nd drink** at Boost Juice Peak Fitness Citta Mall.

	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 BODY COMBAT VIRTUAL	FLOW YOGA ELAINE	LES MILLS SH'BAM MYKE	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 NINA	LES MILLS BODYPUMP AARON	ZUMBA YATT		
TUE	6.45 AM LES MILLS BODY COMBAT VIRTUAL	BODYPUMP VIRTUAL	ZUMBA DANI	NEW! PILATE TONY	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	LES MILLS BODYCOMBAT JON	CORE JON	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 JAYSON	LES MILLS SH'BAM RIEZZ	YOGA XIANG		
THURS	6.45 AM BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL	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	BOOST CLASS LES MILLS BODYCOMBAT EDDIE	YOGA DORIS	ZUMBA ADELINA	
FRI	6.45 AM LES MILLS SH'BAM VIRTUAL	LES MILLS BODY COMBAT VIRTUAL	YOGA ELAINE	NEW! LES MILLS SH'BAM MYKE	NEW! BODYPUMP VIRTUAL	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	NEW! ZUMBA LILY	LES MILLS BODYPUMP JASON		
SAT	9 AM LES MILLS SH'BAM VIRTUAL	NEW! BODYPUMP VIRTUAL		YOGA REGINE		12 PM LES MILLS BODYCOMBAT DANIELLA	1 PM LES MILLS SH'BAM JASON			4 PM LES MILLS BODY COMBAT VIRTUAL	5.15 PM LES MILLS BODYPUMP VIRTUAL	6.15 PM 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					