













































GGX STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30	BODY BALLET 	 PILATES	 NATIONAL DANCES	 PILATES	 Lower Body		
12:00						 <i>Oriental Dance</i>	
13:00		 PUMP		 PUMP		BODY BALLET 	
14:00	 Lower Body		BODY BALLET 		 Body Correction	 Body Correction	 ABS
15:00			 STRETCHING		 STRETCHING		 ZUMBA fitness
16:00						 <i>Kid's Ballet</i>	 NATIONAL DANCES
17:00		KIDS TIME 		KIDS HIP HOP 		 PILATES	
18:00						 STRETCHING	
18:30	 ZUMBA fitness						
19:30	 ATTACK	 Interval	 PILATES	 LES MILLS BODY PUMP			
20:30	 STRETCHING	 COMBAT	 ABS	 ABS	 ZUMBA STEP		

MIND & BODY STUDIO

11:30			 Hatha Yoga				
13:00					 SPINNING.		 SPINNING.
16:00		 Hatha Yoga		 Hatha Yoga			 KIDS BREAK DANCING JR
18:30			 Hatha Yoga		 Hatha Yoga		
19:30			 SPINNING.		 SPINNING.		
20:30	 SPINNING.						

POOL

11:45		 Aqua Aerobics		 Aqua Aerobics	 Aqua Aerobics		
15:15						 Aqua Aerobics	

