

GROUP EXERCISE CLASS TIMETABLE – AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POWER FIT Larry 8.15-9.00	POWER FIT Larry 8.15-9.00	WOD Larry 8.15-9.00		YOGA Rahul 7:00-8:00		
BODYPUMP Rania/Alice 8:30-9:30	RPM Rania/Alice 8:30-9:30		BODYPUMP Michelle 8:30-9:30	RPM Michelle 8:30-9:20	WOD Alice 9:00-9.50	RPM Michelle 9:00-9.50
CXWORX CORE Rania/Alice 9:35-10:05	BODYPUMP Rania/Michelle 9:35-10:35	BOXERCISE Larry 9:35-10:35	ZUMBA Erick 9:40-10:30	BOXERCISE Larry 9:35-10:35	ZUMBA Erick 10:00-10:50	BODYPUMP+ CXWORX Rania/Michelle 10:00-11:00
YOGA Rahul 10:30-11:30	YOGA Rahul 10:45-11:45			ZUMBA Erick 10:40-11:30	BODYPUMP Michelle 11:00-12:00	
					RPM Michelle 12:10-13:00	KICK BOXING Ernesto 16:00-17:00
ZUMBA Erick 17:00-17:50	ZUMBA Erick 17:00-17:50	ZUMBA Erick 17:00-17:50				
WOD Alice 18:10-19:00	BODYPUMP Michelle 18:00-19:00	WOD Eric 18:10-19:00	WOD Alice 18:10-19:00	KICK BOXING Ernesto 18:00-19:00		
YOGA Rahul 19:30-20:30						YOGA Rahul 19:30-20:30

Once we transfer over to The J Club, Larry's morning classes will take place on the gym floor and RPM will take place in the Sports Performance Studio.

GX CLASSES DESCRIPTION

CARDIO - Improve your cardiovascular system and burn calories.

ZUMBA A fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, salsa, reggae ton, mambo, rumba, flamenco, and hip hop. You could burn between 350 to 800 calories per class; it all depends on how you exert yourself!

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

KICKBOXING is conditioning workout using kick boxing techniques and training methods.

BOXERCISE is a fun and challenging class that utilizes training methods used by boxers use to stay fit.

SHAPE – Sculpt and strengthen your muscles and change the shape of your body.

BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Using barbells, this class will sculpt tone and strengthen your entire body.

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

POWER FIT is a fusion of intense short Cardio Vascular and Functional Training exercises. Using the most innovative tools TRX, ViPR, Kettlebell's the class is incorporating many different styles of training, including strength, core, cardio, speed, agility and flexibility in a fun outdoor environment.

WOD is a full body conditioning class. This Cross Fit inspired workouts that will kick start your metabolism. Will improve strength and increase cardiovascular fitness.

BODY & MIND – Release stress, improve flexibility and strengthen your core.

YOGA Unify the mind, the body and the breath, beneficial for everyone. Improve flexibility and balance.