




The Aviation Club Group Exercise Timetable: November 2016

GX STUDIO 1 - Main studio							
Time	SUN	MON	TUE	WED	THU	FRI	SAT
9:30			YOGA SONIA				
10:00		 MONIQUE					
10:30	LES MILLS CXWORX UROSH					LES MILLS GRIT AMIR	LES MILLS BODYBALANCE KREMENA
11:00	LES MILLS BODYBALANCE UROSH					LES MILLS BODYATTACK OSCAR / UROSH	
11:30							LES MILLS CXWORX KREMENA
12:00						LES MILLS BODYPUMP FIONA	LES MILLS BODYPUMP AMIR
13:00							
16:00	LES MILLS BODYPUMP ANNA	LES MILLS BODYATTACK UROSH	LES MILLS GRIT ANNA	LES MILLS BODYPUMP MARJA	LES MILLS BODYBALANCE KREMENA		
16:30			LES MILLS BODYBALANCE ANNA				
17:00	LES MILLS BODYCOMBAT FIONA (30min Express)	LES MILLS BODYBALANCE KREMENA		LES MILLS BODYBALANCE UROSH	LES MILLS BODYPUMP AMIR		YOGA SONIA
17:30	LES MILLS BODYBALANCE KREMENA (30min)		LES MILLS BODYCOMBAT ADNAN				
18:00	LES MILLS GRIT AMIR	LES MILLS GRIT ENRIQUE		LES MILLS GRIT AMIR	LES MILLS CXWORX AMIR		
18:30	LES MILLS CXWORX AMIR	LES MILLS BODYPUMP AMIR	LES MILLS BODYPUMP ENRIQUE	LES MILLS BODYATTACK BOJAN			
19:30		LES MILLS BODYBALANCE KREMENA (30 Min Express)	LES MILLS CXWORX ENRIQUE	LES MILLS CXWORX BOJAN			
GX STUDIO 4 - RPM studio							
Time	SUN	MON	TUE	WED	THU	FRI	SAT
11:00							LES MILLS sprint FIONA
13:15						LES MILLS RPM TIM	
16:00					LES MILLS RPM UROSH		
17:00	LES MILLS sprint UROSH	LES MILLS RPM FIONA	LES MILLS sprint AMIR				
18:45	LES MILLS RPM KREMENA	LES MILLS sprint TIM	LES MILLS RPM FIONA	LES MILLS RPM AMIR			
OUTDOOR AREA							
Time	SUN	MON	TUE	WED	THU	FRI	SAT
18:45	TRX DANNY	TRX DANNY	TRX DANNY	TRX NIKESH (30 Min Blast)			
19:00							

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