
















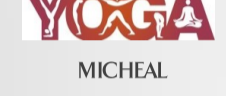

























Aviation Club Group Exercise Timetable 2019







GX STUDIO 1 - Main studio

| Time | SUN | MON | TUE | WED | THU | FRI | SAT |
|-------|---|--|---|---|---|---|---|
| 10:00 | |  ARPILATES www.arpilates.com.br MONIQUE | | | | | |
| 10:30 |  LES MILLS CXWORX UROSH | |  YOGA CLARISSE |  YOGA CLARISSE |  LES MILLS barre CLARISSE |  BOOT CAMP NASHA | |
| 11:00 |  LES MILLS BODYBALANCE UROSH |  SWING YOGA KREMENA | | |  LES MILLS BODYBALANCE CLARISSE |  LES MILLS BODYATTACK UROSH |  LES MILLS BODYBALANCE UROSH |
| 12:00 | | | | | |  LES MILLS BODYPUMP SHERRY 45 mins |  LES MILLS CXWORX UROSH |
| 12:30 | | | | | | |  LES MILLS BODYPUMP MOE & AKRAM |
| 16:00 |  LES MILLS BODYPUMP ANNA |  LES MILLS BODYATTACK UROSH | |  LES MILLS BODYPUMP DENISA | | |  YOGA MICHEAL |
| 16:30 | | |  LES MILLS BODYCOMBAT DENISA | | | | |
| 17:00 |  LES MILLS barre CLARISSE |  LES MILLS BODYPUMP FIONA | |  LES MILLS tone FIONA (45MIN) |  LES MILLS BODYPUMP MOE | | |
| 17:30 |  LES MILLS BODYBALANCE CLARISSE (30min) | |  LES MILLS BODYBALANCE UROSH | | | | |
| 18:00 |  LES MILLS BODYCOMBAT RICHARD |  LES MILLS GRIT FIONA | |  LES MILLS GRIT ENRIQUE |  LES MILLS CXWORX UROSH | | |
| 18:30 | | |  LES MILLS BODYPUMP MOE |  LES MILLS CXWORX ENRIQUE | | | |
| 19:00 | |  SWING YOGA KREMENA | |  LES MILLS BODYBALANCE KELLY | | | |

GX STUDIO 4 - RPM studio

| Time | SUN | MON | TUE | WED | THU | FRI | SAT |
|-------|---|--|--|---|--|--|---|
| 9:00 | |  LES MILLS RPM TRACY | | | | | |
| 11:00 | | | | | |  LES MILLS RPM TIM | |
| 11:30 | | | | | | |  LES MILLS sprint TIM |
| 16:00 | | | | |  LES MILLS RPM UROSH | | |
| 17:00 |  LES MILLS sprint UROSH |  LES MILLS RPM GRAY | | | | | |
| 17:30 | | |  LES MILLS sprint FIONA | | | | |
| 18:00 | | | |  LES MILLS RPM SHERRY | | | |

OUTDOOR AREA

| Time | SUN | MON | TUE | WED | THU | FRI | SAT |
|-------|--|--|---|---|-----|-----|-----|
| 17:30 |  TRX S.W.E.T DANNY |  TRX FIT DANNY |  TRX S.W.E.T DANNY |  TRX STRONG DANNY | | | |
| 18:30 |  BOOT CAMP NASHA | | |  BOOT CAMP NASHA | | | |

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