





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	 LesMILLS CXWORX UROSH		 YOGA CLARISSE	 YOGA CLARISSE	 LesMILLS barre CLARISSE	 LesMILLS BOOT CAMP NASHA	
11:00	 LesMILLS BODYBALANCE UROSH	 SWING YOGA KREMENA			 LesMILLS BODYBALANCE CLARISSE	 LesMILLS BODYATTACK UROSH	 LesMILLS BODYBALANCE UROSH
12:00						 LesMILLS BODYPUMP SHERRY (45MIN)	 LesMILLS CXWORX UROSH
12:30							 LesMILLS BODYPUMP MOE & AKRAM
16:00	 LesMILLS BODYPUMP ANNA	 LesMILLS BODYATTACK UROSH		 LesMILLS BODYPUMP DENISA			 YOGA MICHEAL
16:30			 LesMILLS BODYCOMBAT DENISA				
17:00	 LesMILLS barre CLARISSE	 LesMILLS tone DENISA (30MIN)		 LesMILLS tone FIONA (45MIN)	 LesMILLS BODYPUMP MOE		
17:30	 LesMILLS BODYBALANCE CLARISSE (30min)	 LesMILLS GRIT DENISA	 LesMILLS BODYBALANCE UROSH				
18:00	 LesMILLS BODYCOMBAT FIONA	 LesMILLS BODYPUMP FIONA		 LesMILLS GRIT ENRIQUE	 LesMILLS CXWORX UROSH		
18:30			 LesMILLS BODYPUMP MOE	 LesMILLS CXWORX ENRIQUE			
18:45							
19:00	 LesMILLS CXWORX FIONA	 SWING YOGA KREMENA		 LesMILLS BODYBALANCE KELLY			
19:30							

GX STUDIO 4 - RPM studio

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

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	 LesMILLS BOOT CAMP NASHA			 LesMILLS BOOT CAMP NASHA			

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