



# 2017 GGX Schedule

## GGX STUDIOS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am		Power Ride		Power Ride	6:00am LesMILLS <b>BODYVIVE 3.1</b>			
8:30am	ZUMBA P		ZUMBA P		ZUMBA P			
8:30am		& CX	LesMILLS <b>BODYVIVE 3.1</b> R	& CX		8:30am	Rotation	
8:30am		Pilates P		Pilates P		8:30am		
9:30am						9:00am	Rotation	
10:00am	Yoga Stretch P		Yoga Stretch P			9:30am	ZUMBA Rotation R	
11:00am	Line Dancing P		Line Dancing P					
5:30pm								
6:00pm	HITT BLAST & CXWORX P	5:45pm LesMILLS <b>BODYVIVE 3.1</b> R	GRIT GROUP	5:45pm Cardio Incinerator R				
6:00pm		YOGALATES P						
7:00pm	ZUMBA R	ZUMBA R	ZUMBA R	ZUMBA R				

## The Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:30am	Aqua Fit				Aqua Fit			
9:30am						9:30am	Aqua Fit-Zumba	
6:00pm								

