

GX Free Class Schedule

Studio 1	Mon	Tue	Wed	Thu	Fri
AM					
07:00 ~ 07:50	Cardio Kickboxing LaMonte	Zumba Nargis	Zumba Nargis	Zumba Nargis	Cardio Kickboxing LaMonte
09:00 ~ 09:50	Aerobic Jennifer	Aerobic Jennifer	Aerobic Jennifer	Aerobic Jennifer	Aerobic Jennifer
PM					
06:00 ~ 06:50	Cardio Kickboxing LaMonte	Pilates Conditioning Min Jung	Cardio Core LaMonte	Hatha Yoga Shailee	Cardio Kickboxing LaMonte 06:10 ~ 07:00
07:00 ~ 07:50	Cardio Dance Miki		Yoga Flex Miki	Body Work Ken	

Studio 2	Mon	Tue	Wed	Thu	Fri
AM					
09:00 ~ 09:50	Wellbeing Yoga Jiyoung		Wellbeing Yoga Jiyoung		Vinyasa Yoga Shailee
10:00 ~ 10:50		Yogalites Shereta		Yogalites Shereta	
PM					
06:00 ~ 06:50	Meditation Jongsung		Therapy Yoga Jongsung		
07:00 ~ 07:50		Hatha Yoga Shailee			

Spinning	Mon	Tue	Wed	Thu	Fri
AM					
07:00 ~ 07:50		Spinning Jeff		Spinning Jeff	

Group Exercise Policy

Group class Schedule is Subject to Change without prior notice.
 All Classes are closed after 10 minutes from startinhg. Some Classes, late entrance is not allowed.
 Class participants should bring towel and wipe out their sweat after use.
 Cell Phone use in strictly prohibited during class.
 Paid marked schedules are seperated charge based classes.
 Mats are required in yoga classes.