

GX Schedule

Studio 1	Mon	Tue	Wed	Thu	Fri
			AM		
07:00 ~ 07:50	Cardio Kickboxing LaMonte	Zumba Sora	Zumba Sora	Zumba Sora	Cardio Kickboxing LaMonte
09:00 ~ 09:50	Aerobic Jennifer	Aerobic Jennifer	Aerobic Jennifer	Aerobic Jennifer	Aerobic Jennifer
			PM		
18:00 ~ 18:50	Cardio Kickboxing LaMonte	Hatha Yoga Min Jung Kim	Cardio Core LaMonte	Kick Box Cross Ken	Cardio Kickboxing LaMonte
19:00 ~ 19:50	Cardio Dance Miki		Yoga Flex Miki	Body Work Ken	

Studio 2	Mon	Tue	Wed	Thu	Fri
			AM		
09:00 ~ 09:50	Vinyasa Yoga Min Jung Kim		Hatha Yoga Min Jung Kim		Vinyasa Yoga Min Jung Kim
10:00 ~ 10:50		Diet Yoga Jiyoung		Diet Yoga Jiyoung	
			PM		
18:00 ~ 18:50	Meditation Jungsung		Therapy Yoga Jungsung		
19:00 ~ 19:50		Pilates Conditioning Shereta			

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 starting. Some classes, late entrance is not allowed.
 Class participants should bring towel and wipe out their sweat after use.
 Cell phone use is strictly prohibited during class.
 3 or more participants are required to conduct a class.
 Semi-private marked schedules are separate charge based classes.
 Mats are required in yoga classes.