

GX Schedule



Studio 1	Mon	Tue	Wed	Thu	Fri
AM					
07:00 ~ 07:50	Cardio Kickboxing <i>LaMonte</i>	 Cynthia	 Cynthia	 Cynthia	Cardio Kickboxing <i>LaMonte</i>
09:00 ~ 09:50	 Aerobic <i>Jennifer</i>	 Aerobic <i>Jennifer</i>	Cardio Fusion <i>Natalia</i>	 Dance <i>Jennifer</i>	 Aerobic <i>Jennifer</i>
PM					
06:00 ~ 06:50		Hatha Yoga <i>Min Jung</i>		Therapy Yoga <i>Jongsung</i> 	
07:00 ~ 07:50	Cardio Kickboxing <i>LaMonte</i>	Zumba Cardio <i>Christina</i>	Cardio Dance <i>Miki</i>	Cardio Kickboxing <i>(7:10~8:00)</i>	
Studio 2					
AM					
09:00 ~ 09:50	Wellbeing Yoga <i>Jiyoung</i>		Wellbeing Yoga <i>Jiyoung</i>	Cardio Fusion <i>Natalia</i>	Flow Yoga <i>Aina</i>
10:00 ~ 10:50		Body Work <i>Sarah</i>			
PM					
06:00 ~ 06:50	Meditation <i>Jongsung</i> 		Therapy Yoga <i>Jongsung</i> 		
Spinning					
AM					
07:00 ~ 07:50		Spinning <i>Jeff</i> 		Spinning <i>Jeff</i> 	
PM					
06:00 ~ 06:50	Spinning <i>Jeff</i> 				

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.