

GX Schedule



Studio 1	Mon	Tue	Wed	Thu	Fri
AM					
07:00 ~ 07:50	Cardio Workout Analayla	 Victoria	Strong  Victoria	 Victoria	
09:00 ~ 09:50	Aerobic Hyang Seo	Cardio Fusion Natalia	Aerobic Hyang Seo	Cardio Workout Analayla	Cardio Fusion Natalia
Studio 2	Mon	Tue	Wed	Thu	Fri
AM					
09:00 ~ 09:50	Wellbeing Yoga Jiyoung	Flow Yoga Amy 	Wellbeing Yoga Jiyoung	Cardio Fusion Natalia	Flow Yoga Amy 
PM					
Spinning	Mon	Tue	Wed	Thu	Fri
AM					
07:00 ~ 07:50		Spinning  Jeff	Spinning  Jeff	Spinning  Jeff	
PM					
06:00 ~ 06:50		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.

Paid Class Schedule



<i>Studio 2</i>	Mon	Tue	Wed	Thu	Fri
AM					
10:00 ~ 10:50	Pilates Hyang Seo		Pilates Hyang Seo		

<i>Pool</i>	Mon	Tue	Wed	Thu	Fri
AM					
08:00 ~ 08:50		Aqua FIT Natalia		Aqua FIT Natalia	

<i>Spinning</i>	Mon	Tue	Wed	Thu	Fri
AM					
09:00 ~ 09:50		CARERING Jiyoung			

Class Price	Pilates (Private S-5)	\$450	Aqua FIT (S-10)	\$390
	Pilates (S-10)	\$440		
	Meditation Class (S-10)	\$360		
	*Meditation Class (CARERING & Ball Yoga)			