

MONTHLY GX SCHEDULE

MORNING SESSION

MONDAY

9:30 AM
AERIAL YOGA

TUESDAY

9:30 AM
V-SHAPE

WEDNESDAY

9:30 AM
V-CAMP

THURSDAY

9:30 AM
FLOW YOGA

FRIDAY

9:30 AM
V-SHAPE

SATURDAY

EVENING SESSION

6:00 PM
V-CAMP

6:00 PM
V-SHAPE

6:00 PM
V-CAMP

6:00 pm
V-SHAPE

6:15 PM
AERIAL YOGA

6:15 PM
AERIAL YOGA

6:45 PM
V-SPIN

6:15 PM
AERIAL YOGA

6:45 pm
V-SPIN

7:15 PM
ZUMBA

7:15 PM
ZUMBA

5:30 PM
V-STRETCH

