

GROUP EXERCISE - STUDIO 1

	Mon 30/01	Tue 31/01	Wed 01/02	Thu 02/02	Fri 03/02	Sat 04/02	Sun 05/02
7:00-8:00							
8:30-9:30	LES MILLS BODYBALANCE Mhee*	AEROBIC BASICS Takorn	SHAPE UP! (M) Mhee	LES MILLS BODYJAM Mhee	STEP BASICS Jamlong	LES MILLS BODYCOMBAT Takorn*	
9:45-10:45	TAI CHI FAN (M) Wandee	LES MILLS BODYPUMP Jamlong	KUNG FU (M) Soonthorn	LES MILLS BODYPUMP Takorn	Tai Chi TICKET ONLY	LES MILLS BODYPUMP Pas	INTRO STEP (B) Jamlong
11:00-12:00	LES MILLS BODYPUMP Jamlong*	LES MILLS BODYCOMBAT Pas	LES MILLS BODYCOMBAT Takorn	AEROBIC BASICS Jamlong	TAI CHI (B) Oi	LES MILLS BODYJAM 11.00-12.00 Mhee	LES MILLS BODYCOMBAT Ken U*
12:30-13:30	INTRO STEP (B) Takorn	AEROBICS EVOLUTION (B/I) Pas	GO LO (I) Jamlong	MULTI STEP PAS TICKET ONLY GO LO (I)	GO LO (I) Pas	STEP UP! (I) 12.10-13.10 Pas	STRETCHING (M) 12.10-13.10 Mhee
13:45-14:45	AEROBIC BASICS (B) Jamlong	Multi Step Jamlong TICKET ONLY	STEP UP! (I) Pas	GO LO (I) Pas	XXX POLE SPORT (M) May P	LES MILLS BODYCOMBAT 13.20-14.20 Pas	DANCE RHYTHMS (M) 13.20-14.20 Tag
15:00-16:00	GROUP X ORIENTATION STEP Bo	LES MILLS BODYJAM Pang	XXX POLE SPORT (M) Addy N	STEP BASIC Jamlong TICKET ONLY	GROUP X ORIENTATION STEP Mhee	LES MILLS BODYPUMP 14.30-15.30 Takorn*	GO LO (I) 14.30-15.30 Jamlong
16:45-17:45	LES MILLS BODYCOMBAT Pas	LES MILLS BODYPUMP Pas	LES MILLS BODYBALANCE Mhee	LES MILLS BODYPUMP Jamlong	LES MILLS BODYCOMBAT 17.00-18.00 Pas	GO LO (I) 15.40-16.40 Pas*	STEP EVOLUTION (B/I) 15.45-16.45 Takorn
18:00-19:00	LES MILLS BODYPUMP Bo	LES MILLS BODYCOMBAT Takorn	GROUP X ORIENTATION STEP Takorn	XXX POLE SPORT Addy N 18.00-19.30 TICKET ONLY	AEROBIC EVOLUTION (B/I) 18.15-19.15 Jamlong	Multi Step Jamlong TICKET ONLY	LES MILLS BODYPUMP 17.00-18.00 Mhee
19:15-20:15	PRIDE PARTY Dance TICKET ONLY	HINING PAS 19.15-20.15 TICKET ONLY	LES MILLS BODYCOMBAT Pas	LES MILLS BODYBALANCE 19.30-20.30 Mhee	Multi Step Jamlong 19.30-20.30 TICKET ONLY	LATIN FIESTA (M) 18.00-19.00 Pik	COVER DANCE 18.10-19.10 Pon
20:30-21:30	STEP UP! (I) Pas	XXX POLE SPORT Addy N 20.30-21.45 TICKET ONLY	LES MILLS BODYJAM Gong	LES MILLS BODYCOMBAT 20.35-21.35 Takorn	DANCE RHYTHMS (M) 20.35-21.35 Tun	XXX POLE SPORT Ken 19.10-20.40 TICKET ONLY	LES MILLS BODYCOMBAT 19.20-20.20 Takorn

INDOOR CYCLING STUDIO

	Mon 30/01	Tue 31/01	Wed 01/02	Thu 02/02	Fri 03/02	Sat 04/02	Sun 05/02
7:00-7:50				LES MILLS RPM 08.30-09.20 Jamlong			
9:00-9:50	CYCLING 10.00-10.50 Noom		RPM 60 MIN Pas 12.15-13.15 TICKET ONLY			LES MILLS RPM 11.30-12.20 Takorn	X RIDE 11.00-11.50 Mhee
12:00-12:50		LES MILLS RPM 12.15-13.05 Takorn*		CYCLING Mhee	LES MILLS RPM 11.00-11.50 Pas		
16:30-17:20	X RIDE Mhee	LES MILLS RPM Jamlong*	X RIDE Bo*	LES MILLS RPM Pom*		X RIDE Mhee	LES MILLS RPM Jamlong
17:30-18:20	LES MILLS RPM Jamlong*	CYCLING O*	LES MILLS RPM Addy N	X RIDE Takorn	LES MILLS RPM 17.00-17.50 Jamlong		
18:30-19:20	X RIDE Takorn	PRO RIDER 60 Min Noom 19.00-20.00 TICKET ONLY	X RIDE Mhee*	PRO RIDER 60 Min Bo 18.30-19.30 TICKET ONLY	CYCLING Mhee	CYCLING Noom	LES MILLS RPM Takorn
19:30-20:20	LES MILLS RPM Pas*		LES MILLS RPM Takorn*		X RIDE Por		
20:30-21:20	X RIDE Pom	LES MILLS RPM Jamlong*	X RIDE Pipo*	LES MILLS RPM 19.45-20.35 Pas			

GROUP X NEWS

QUALITY OF LIFE IS WHAT WE WANT.
GOOD HEALTH HELPS US ACHIEVE A HIGH QUALITY OF LIFE
'GO FROM... 'GOOD ENOUGH' TO 'GREATER THAN'
MANY MASTER STYLES FOR YOU TO CHOOSE FROM
check out the GX schedule at your club

NOTE: CLASSES (A) = Advanced, (I) = Intermediate, (B) = Beginner, (M) = Multilevel and the Clinic&Class is suitable for New members Advertisd instructors may change at late notice due to unforeseen circumstances Please note: * = Cover instructor

Class Schedule also available on WWW.CALIFORNIAWOWX.COM Group X feedback? Email us: GROUPX@CALIFORNIAWOWX.COM