

GROUP EXERCISE - STUDIO 1

	Mon 06/02	Tue 07/02	Wed 08/02	Thu 09/02	Fri 10/02	Sat 11/02	Sun 12/02
7:00-8:00							
8:30-9:30	LES MILLS BODYBALANCE Sit	AEROBIC BASICS Jamlong	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	LES MILLS BODYCOMBAT Pas	LES MILLS BODYPUMP Pas	INTRO STEP (B) Jamlong
11:00-12:00	LES MILLS BODYPUMP Sit	LES MILLS BODYCOMBAT Pas	LES MILLS BODYCOMBAT Takorn	AEROBIC BASICS Takorn	TAI CHI (B) Oi	LES MILLS BODYJAM 11.00-12.00 Mhee	LES MILLS BODYCOMBAT Takorn
12:30-13:30	Multi Step Jamlong TICKET ONLY	INTRO STEP (B) Pas	GO LO (I) Jamlong	MULTI STEP PAS TICKET ONLY	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 Takorn	AEROBICS EVOLUTION (B/I) Takorn	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 Mhee*	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	ZUMBA DANCE (M) Mhee	LES MILLS BODYCOMBAT Takorn	GROUP X ORIENTATION STEP Takorn	POLE SPORT 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	LES MILLS BODYPUMP Bo	HINIC 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	GO LO (I) Pas	XXX POLE SPORT Addy N 20.30-21.45 TICKET ONLY	LES MILLS BODYJAM Gong	STEP EVOLUTION (B/I) 20.35-21.35 Jamlong	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 Ken U
21:45-22:45							

INDOOR CYCLING STUDIO

	Mon 06/02	Tue 07/02	Wed 08/02	Thu 09/02	Fri 10/02	Sat 11/02	Sun 12/02
7:00-7:50				LES MILLS RPM 08.30-09.20 Takorn*			
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*		Mhee*	LES MILLS RPM 11.00-11.50 Pas		
16:30-17:20	X RIDE	LES MILLS RPM Jamlong*	X RIDE	LES MILLS RPM Pom*		X RIDE Mhee	LES MILLS RPM Jamlong
17:30-18:20	LES MILLS RPM Sit&(Thomas)	CYCLING O*	LES MILLS RPM Addy N	X RIDE Jamlong*	LES MILLS RPM 17.00-17.50 Jamlong		
18:30-19:20	X RIDE	PRO RIDER 60 Min Noom 19.00-20.00 TICKET ONLY	X RIDE	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 Jamlong		LES MILLS RPM Takorn*		X RIDE Por		
20:30-21:20	X RIDE Pom	LES MILLS RPM Pas*	X RIDE Pipo*	LES MILLS RPM 19.45-20.35 Pas			

GROUP X NEWS

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NONE OF US ARE AS STRONG AS
all of us ALONE WE'RE WEAK TOGETHER
we're strong



Get motivation, inspiration and strength from doing live group fitness with the energy of many.

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