



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN GX STUDIO							
07:00	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
08:00	LARISSA	VIRTUAL	LARISSA	VIRTUAL	LARISSA	VIRTUAL	VIRTUAL
09:00	LARISSA	REACT JOJO	LARISSA	REACT JOJO	LARISSA	VIRTUAL	VIRTUAL
10:00	VIRTUAL	VIRTUAL	LARISSA	VIRTUAL	VIRTUAL	AHMED	LARISSA
11:00	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	LARISSA
17:00	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	LARISSA 12PM
18:00	BOUNCE DAISY	DAISY	DAISY	DAISY	BUSSY	VIRTUAL	VIRTUAL
19:00	LARISSA	LARISSA	LARISSA	LARISSA	BUSSY	VIRTUAL	VIRTUAL
20:00	LARISSA	PAVAN	LARISSA	LARISSA	VIRTUAL	VIRTUAL	VIRTUAL
21:00	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
MIND & BODY STUDIO							
08:00			ROSE				
09:00		AMAN LADIES ONLY		LARISSA LADIES ONLY			
10:00	SREEJA	SREEJA		LARISSA LADIES ONLY	LARISSA LADIES ONLY	ROSE	
11:00							ROSE
17:00							LARISSA LADIES ONLY
20:00		LARISSA LADIES ONLY		ROSE	ROSE		
CYCLING STUDIO							
08:00		DAISY		DAISY			
11:00						AHMED	
17:00							SALLY
19:00				AHMED			
20:00	AHMED						



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FUNTIONAL TRAINING						
09:00	REACT JOJO		REACT JOJO			
17:00						
18:00	REACT JOJO		GRIND JOJO			
MARTIAL ARTS ACADEMY						
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
17:00	BOXING 5-11 YEARS ATTOE	Muay Thai Kickboxing 5-11 YEARS SAYED	BOXING 5-11 YEARS ATTOE	Muay Thai Kickboxing 5-11 YEARS SAYED	BOXING 5-11 YEARS ATTOE	Muay Thai Kickboxing 5-11 YEARS SAYED
18:00	BOXING 11-17 YEARS ATTOE	Muay Thai Kickboxing 11-17 YEARS SAYED	BOXING 11-17 YEARS ATTOE	Muay Thai Kickboxing 11-17 YEARS SAYED	BOXING 11-17 YEARS ATTOE	Muay Thai Kickboxing 11-17 YEARS SAYED
19:00	Muay Thai Kickboxing ADULTS SAYED	BOXING ADULTS ATTOE	Muay Thai Kickboxing ADULTS SAYED	BOXING ADULTS ATTOE	Muay Thai Kickboxing ADULTS SAYED	BOXING ADULTS ATTOE
20:00	Muay Thai Kickboxing ADULTS SAYED	BOXING ADULTS ATTOE	Muay Thai Kickboxing ADULTS SAYED	BOXING ADULTS ATTOE	Muay Thai Kickboxing ADULTS SAYED	BOXING ADULTS ATTOE
21:00	BOXING ADULTS HICHAM		BOXING ADULTS HICHAM		BOXING ADULTS HICHAM	