

# GXSCHEDULE



Real Fitness (Golden Valley)

Please be in the class not later than 15 minutes after it begins.

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE	(5 June 2023)	(6 June 2023)	(7 June 2023)	(8 June 2023)	(9 June 2023)	(10 June 2023)	(11 June 2023)
MORNING	<b>TRX</b> Alex * (8:20AM - 8:50AM)	<b>CORE FUSION</b> Scarlett * (8:20AM - 8:50AM)	Stretching Scarlett * (8:20AM - 8:50AM)	<b>TRX</b> Patrick * (8:20AM - 8:50AM)	<b>CORE FUSION</b> One * (8:20AM - 8:50AM)		
	<b>FUNCTIONAL TRAINING</b> Alex * (9:00AM - 9:50AM)	<b>H.I.I.T</b> Grim * (9:00AM - 9:45AM)	<b>CARDIO SCULPT</b> Wai Wai * (9:00AM - 10:00AM)	<b>CORE FUSION</b> Leo * (9:00AM - 9:45AM)	<b>BODYPUMP</b> Grim* / Depay* (9:00AM - 10:00AM)		
	<b>YOGA</b> Patrick * (10:00AM - 11:00AM)	<b>ZUMBA</b> Chucky * (10:00AM - 11:00AM)	<b>CORE FUSION</b> David * (10:15AM - 10:45AM)	<b>ZUMBA</b> Chucky * (10:00AM - 11:00AM)	<b>BODYCOMBAT</b> Grim* / Depay* (10:15AM - 11:00AM)		
			Inhouse Training 1:00PM-3:00PM Only Staff			Inhouse Training 1:00PM-3:00PM Only Staff	
EVENING	<b>BODYCOMBAT</b> Grim* (Jenny*) (5:00PM - 5:45PM)	<b>BODYPUMP</b> Grim* / Depay* (4:30PM - 5:15PM)	<b>BODYCOMBAT</b> Depay * (5:00PM - 5:45PM)	<b>H.I.I.T</b> Joey * (4:30PM - 5:20PM)	<b>ZUMBA</b> Chucky * (5:00PM - 6:00PM)		
	<b>BODYPUMP</b> Grim* / Depay* (6:00PM - 6:45PM)	<b>BODYCOMBAT</b> Joey * (5:30PM - 6:30PM)	<b>YOGA</b> Patrick * (6:10PM - 7:10PM)	<b>FUNDANCE (PAID CLASS)</b> Wai Wai * (5:30PM - 6:30PM)	<b>CORE FUSION</b> Jack * (6:10PM - 6:40PM)		
	Stretching Scarlett * (7:00PM - 7:30PM)	Stretching Iris * (6:40PM - 7:10PM)		Stretching Yoon * (6:40PM - 7:10PM)	Stretching Iris * (6:50PM - 7:20PM)		

To reserve your space for any one of our classes, please contact our staff at 09253065582.