



GX Class Schedule: August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fleet Rec GX Studio	\$ = 1 GX Sticker \$* = Combo Class GX Single = \$3 GX 10 Pck = \$25 All GX Classes are FREE for <u>Active Duty</u> **Must Show ID** *As of 8/1/2025*				1	2
Fleet Rec Cycle Studio					9:00 BodyCombat \$	8:45 BodyPump \$*
Purdy Pavilion					10:30 Zumba	10:00 BodyCombat \$*
Ikego Asuka Tower					17:00 BodyCombat \$	
3	4	5	6	7	8	9
8:45 BodyPump \$	8:45 BodyAttack EXP \$	9:00 Zumba	9:00 BodyPump \$	10:30 BodyPump EXP \$	9:00 BodyCombat \$	8:45 BodyPump \$*
9:00 Indoor Cycling	9:00 BodyPump \$*	10:30 Slow Flow Yoga	10:30 Gentle Yoga	11:30 Vinyasa Yoga	17:00 BodyCombat \$	10:00 BodyAttack \$*
10:00 BodyCombat \$	10:00 BodyBalance \$*	17:00 BodyPump \$*	11:30 Spin	17:00 BodyPump \$		
	11:30 Spin	17:30 Indoor Cycling	16:30 BodyBalance \$	17:30 Indoor Cycling		
	17:00 BodyPump \$*	18:10 BodyBalance \$*	17:00 BodyCombat \$	18:15 BodyBalance \$		
	18:10 BodyBalance \$*			19:00 Vinyasa Yoga		
10	11	12	13	14	15	16
8:45 BodyPump \$	9:00 BodyPump \$*	9:00 Zumba	9:00 BodyPump \$	9:00 Zumba \$	9:00 BodyCombat \$	
9:00 Indoor Cycling	10:00 BodyBalance \$*	10:30 BodyPump \$	10:30 Zumba \$	10:30 BodyPump EXP \$	10:30 Zumba	
10:00 BodyCombat \$	11:30 Spin	10:30 Slow Flow Yoga	11:30 Spin	11:30 Vinyasa Yoga	17:00 BodyCombat \$	
	17:00 BodyPump \$*	17:00 BodyPump \$*	16:30 BodyBalance \$	17:00 BodyPump \$		
	18:10 BodyBalance \$*	17:30 Indoor Cycling	17:00 BodyCombat \$	17:30 Indoor Cycling		
		18:10 BodyBalance \$*		18:15 BodyBalance \$		
17	18	19	20	21	22	23
8:45 BodyPump \$	8:45 BodyAttack EXP \$	9:00 Zumba	9:00 BodyPump \$	9:00 Zumba \$	9:00 BodyCombat \$	8:45 BodyPump \$*
9:00 Indoor Cycling	9:00 BodyPump \$*	9:00 Zumba	10:30 Gentle Yoga	10:30 BodyPump EXP \$	17:00 BodyCombat \$	10:00 BodyCombat \$*
10:00 BodyCombat \$	10:00 BodyBalance \$*	10:30 BodyPump \$	11:30 Spin	11:30 Vinyasa Yoga		
	11:30 Spin	10:30 Slow Flow Yoga	16:30 BodyBalance \$	17:00 BodyPump \$		
	17:00 BodyPump \$*	17:00 BodyPump \$*	17:00 BodyCombat \$	17:30 Indoor Cycling		
	18:10 BodyBalance \$*	17:30 Indoor Cycling		18:15 BodyBalance \$		
		18:10 BodyBalance \$*		19:00 Vinyasa Yoga		
24	25	26	27	28	29	30
8:45 BodyPump \$	8:45 BodyAttack EXP \$	9:00 Zumba	9:00 BodyPump \$	9:00 Zumba \$	9:00 BodyCombat \$	8:45 BodyPump \$*
9:00 Indoor Cycling	9:00 BodyPump \$*	9:00 Zumba	10:30 Zumba \$	10:30 BodyPump EXP \$	10:30 Zumba	10:00 BodyAttack \$*
10:00 BodyCombat \$	10:00 BodyBalance \$*	10:30 Slow Flow Yoga	10:30 Gentle Yoga	11:30 Vinyasa Yoga	17:00 BodyCombat \$	
31	11:30 Spin	17:00 BodyPump \$*	11:30 Spin	17:00 BodyPump \$		
8:45 BodyPump \$	17:00 BodyPump \$*	17:30 Indoor Cycling	16:30 BodyBalance \$	18:15 BodyBalance \$		
9:00 Indoor Cycling	18:10 BodyBalance \$*	18:10 BodyBalance \$*	17:00 BodyCombat \$	19:00 Vinyasa Yoga		
10:00 BodyCombat \$						