

GX-1 OUTDOOR CLASSES

CAVALIERI HOTEL ST.JULIAN'S

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|----------------------|------------------|----------------------|---------------------|-----------------|
| | 7:00HRS HIIT | | 7:00HRS STRENGTH | | |
| 9:00HRS YOGA | 9:00HRS CIRCUIT | 9:00HRS YOGA | 9:00HRS CORE | 9:00HRS STRENGTH | 9:00HRS HIIT |
| 18:30HRS CIRCUIT | | | | 18:30HRS HIIT | |
| | 19:15HRS STRENGTH | 19:15HRS YOGA | 19:15HRS STRENGTH | | |

