

GX-1 GROUP EXERCISE FOR EVERY BODY
CLASS SCHEDULE as per 04.12.17



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
07.00 – 07.45 		 (L) Joanna		 (L) Anita	 (L) Joanna			
09.30 – 10.30	 (L) Anita	08.00-09.00 *AQUA (L) Marianne	 (L) Anita		07.30-08.30 *AQUA (L) Marianne	09.00 – 09.45 	 (L) Paulina	 (L) Anita
						10.00 – 11.00	 (L) Joanna	 (L) Johanna
18.00 – 18.45 	 Reet	 Anita	 (L) Heather	 (L) Joanna				
19.00 – 20.00	 (L) Heather	 Anita	 Reet	 (L) Anita	 (L) Reet	17.30 – 18.30		 Reet
20.15 – 21.15	 (L) Reet	 (L) Johanna	 Reet					

** 45 minute classes offer a different format compared to the 60 minute version of the programs. They focus on increasing intensity in a shorter space of time.*



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ABOUT GX-1:

GX-1 offers 6 types of classes which are Les Mills™ programs. These classes are suitable for participants of all levels of fitness, and all age groups whether male or female. The movements are always safe and there are plenty of options for participants to make use of wherever necessary. Furthermore, GX-1 offers Health Coach services. **See below for more information.**

OUR LES MILLS™ PROGRAMS:

***BODYATTACK™:** (*cardio/endurance*) is a sports-inspired cardio workout for building strength and stamina.

BODYBALANCE™: (*strength/flexibility*) is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength.

***BODYCOMBAT™:** (*cardio/strength*) is an empowering cardio workout which is inspired by mixed martial arts.

***BODYPUMP™:** (*strength/stamina*) is the original LES MILLS™ barbell class, which will sculpt, tone and strengthen your entire body, fast.

CX-WORX™: (*core strength*) is a revolutionary 30 minute core workout which is ideal for improving functional strength and assisting in injury prevention.

RPM™: (*cardio/endurance*) is a 45 minute intense interval style indoor cycling class focusing on endurance and strength.

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Private and Health Coaching Services: (a supplement fee applies for all of the below)

BODYSCAN: (*weight management*) is a full body composition analysis which can be arranged also in combination with nutrition and/or training advice.

BE ACTIVATED: (*muscle activation technique*) helps enhance overall performance and wellbeing by improving breath, posture and flexibility.

FOODFIGHT: (*weight management*) is a 4 or 8 week course focusing on how to create and maintain a healthy lifestyle through nutrition and exercise.

ONE2ONE: (*personal training*) is a unique personal program built around your lifestyle in order to help you achieve the results you are looking for.

OPTIMIZE: (*intrinsic biomechanics*) diagnoses of limitations and prescription of exercises to improve movement and function.

PROACTIVE: (*corporate nutrition and fitness*) is a tailor-made concept to help motivate your workforce into leading a healthier and better lifestyle.

RECRUITS: (*outdoor bootcamp*) is an outdoor workout focusing on military-style training and can be booked for private individuals or groups.

RESET: (*weight management*) a 3 week course focusing on a metabolic reset, resulting in weight loss, more energy and cleaner eating habits.

RUN: (*run training*) is a 4 or 8 week course which involves a realistic and healthy running program to help you learn to run or improve your running.

SCHEDULE CONDITIONS:

Class participation is on a first come, first served basis. Latecomers will be refused entry. GX-1 members are advised to book their class in advance using their member login through the website or the app available. Lotus members may participate in the classes marked with an (L) and are required to pick up a class pass at the LOTUS reception, pending availability. Off-Peak Lotus Members may join Lotus/GX-1 morning classes only. Class passes are available from 30 minutes until 10 minutes before class starts. A maximum of 8 spaces per class are reserved for Lotus members (5 spaces in RPM). Hotel guests/non-residents of Malta may buy a class pass for €8 but must book in advance by emailing: bookings@clubgx1.com.

GX-1 FOR EVERY BODY

Website: www.clubgx1.com Enquiries: info@clubgx1.com Bookings: bookings@clubgx1.com

Location: Le Meridien Hotel & Spa, Level 3, 39 Main Street, Balluta Bay, St Julians, Malta