

Group Class Schedule at GX-1 Studio, Cavalieri Art Hotel as per 29.10.18

PLEASE NOTE: ***Tuesday & Thursday Evening classes starting at 18.15 & 19.15 held at Fitness Point, Sliema***



Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Time:	Saturday
06.45 - 07.30							
09.30 – 10.30						09.15 – 10.15	
12.30 – 13.15						10.30 – 11.30	
18.00 – 18.45							
Fitness Point 18.15 – 19.00							
19.00 – 20.00							
Fitness Point: 19.15 – 20.00							
20.15 – 21.00							

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

Main Location: Cavalieri Hotel, Water's Edge, Spinola Road, St. Julian's

Tuesday & Thursday evening 18.15 and 19.15 classes take place at: Fitness Point, Tigne Point, Sliema

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ABOUT GX-1:

GX-1 offers 9 types of classes, 5 of which are Les Mills™ programs and 4 own-concept 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 GROUP FITNESS PROGRAMS:

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

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

BODYPUMP™*: (*strength/stamina*) is the original LES MILLS™ barbell class, which will sculpt and strengthn your entire body. *The fastest way to get in shape.*

CX-WORX™: (*core strength*) is a revolutionary core workout ideal for improving functional strength. *Create abs of steel.*

RPM™: (*indoor cycling*) is an intense interval style indoor cycling class focusing on cardio, endurance and strength. *Ride the calorie killer.*

GX-1 HIIT™: (*high intensity interval training*) is a 45-minute format involving a full body workout that will challenge your stamina and power. *Beast mode on.*

GX-1 OPTIMIZE™: A series of exercises incl. myofascial release and muscle energy techniques. Increase your training capacity. Prevent injury. *Optimize Yourself!*

GX-1 RECRUITS™: (*outdoor bootcamp weather permitting*) is an outdoor intensive workout offering military style training. *Push your limits.*

GX-1 SPIN™: (*indoor cycling*) a freestyle indoor cycling program, sometimes themed, sometimes heart-rate based. *Spin like you're winning.*

* 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.

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, flexibility and resilience.

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

PREHAB: (*intrinsic biomechanics*) diagnoses of limitations and prescription of exercises to improve movement and function, avoid injury and increase performance.

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

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. Hotel guests/non-residents of Malta may buy a class pass for €8.50 but must book in advance via our website: www.clubgx1.com.

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