GFX
GROUP FITNESS EXPERIENCE / GFX.AE

@gfxdubai /gfxuae

*Classes, instructors and timings are subject to change.

# Cycling Timetable

To book a class call

050 996 9470 / 04 4255940

Video Classes

## SEPTEMBER 2020

| TIME | SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|---|---|
| 6:15 AM | LesMills RPM | | LesMills RPM | | LesMills RPM | | |
| 7:30 AM | LesMills THE TRIP | LesMills RPM | LesMills THE TRIP | LesMills RPM | LesMills THE TRIP | | |
| 8:30 AM | LesMills sprint | LesMills THE TRIP | LesMills sprint | LesMills THE TRIP | LesMills sprint | | |
| 9:30 AM | LesMills RPM | LesMills sprint | LesMills RPM | LesMills sprint | LesMills RPM | | LesMills THE TRIP |
| 10:00 AM | | | | | | LesMills THE TRIP | |
| 10:30 AM | LesMills THE TRIP | LesMills RPM | LesMills THE TRIP | LesMills RPM | LesMills THE TRIP | | |
| 11:00 AM | | | | | | | LesMills THE TRIP (Ladies Only) |
| 11:30 AM | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | |
| 1:30 PM | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP |
| 2:30 PM | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP |
| 4:30 PM | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP |
| 6:00 PM | LesMills THE TRIP (Ladies Only) | LesMills THE TRIP | LesMills THE TRIP (Ladies Only) | LesMills THE TRIP | LesMills THE TRIP | | |
| 7:30 PM | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | | |
| 9:00 PM | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | LesMills THE TRIP | | |