



**GOLD'S GYM AMIRYAN**

**GROUP EXERCISE SCHEDULE**

**05.04.2021 - 02.05.2021**

**GGX STUDIO**

**BODY & MIND STUDIO**

**POOL**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	FUNCTIONAL TRAINING Inessa		BODY BALLET Christina Am		FUNCTIONAL TRAINING Inessa		
10:00	LATINO MIX Dina	PILATES Kristina Ts	STRETCHING Christina Am	PILATES Kristina Ts	NATIONAL DANCE Elena		
11:00		STRETCHING Kristina Ts		STRETCHING Kristina Ts		BODYPUMP Aram	
12:00					SPINNING Danny	SPINNING Aram	CARDIO BOXING Samvel
13:00		BODYCOMBAT/ABS Danny	SPINNING Diana	BODYCOMBAT/ABS Danny	ZUMBA Marianna	ZUMBA Dina	ZUMBA Dina
14:00	BODY CORRECTION Gayane	BODYBALANCE Danny	BODY CORRECTION Gayane	BODYBALANCE Danny	BODY CORRECTION Gayane	PILATES Kristina Ts	SPINNING Diana
15:00		BODYPUMP Inessa		BODYPUMP Inessa		BODY BALLET Christina Am	ABS Inessa
16:00						STRETCHING Christina Am	LOWER BODY Gayane
17:00	KIDS BOXING Samvel	KID'S JUDO David	KIDS BOXING Samvel	KID'S JUDO David	KIDS BOXING Samvel	KID'S JUDO David	
18:00		KIDS BREAKDANCE Sargis			KIDS BREAKDANCE Sargis		
19:00	BODYPUMP Danny	ZUMBA Dina	BODYPUMP Aram	ABS Gayane			
20:00	SPINNING Danny	NATIONAL DANCE Elena	SPINNING Aram	LOWER BODY Gayane			
09:00		VINYASA YOGA Harut		INTEGRATIVE YOGA Harut			
11:00			AERIAL YOGA Harut				
12:00			AERIAL YOGA Harut				VINYASA YOGA Tigran
13:00	HATHA YOGA Tigran				HATHA YOGA Tigran	BODYFLEX Kristina Ts	
14:00						KIDS GYMNASTICS Christina Am	
18:00				KIDS GYMNASTICS Christina Am			
19:00	PILATES Christina Am	AERIAL YOGA Harut	PILATES Christina Am	STRETCHING Christina Am			
20:00	STRETCHING Christina Am	AERIAL YOGA Harut	HATHA YOGA Harut		RESTORATIVE YOGA Harut		
11:00	AQUA AEROBICS Mary		AQUA AEROBICS Mary				
12:00						AQUA AEROBICS Mary	
20:00		AQUA AEROBICS Mary					

