



## GOLD'S GYM AMIRYAN GROUP EXERCISE SCHEDULE 07.01-02.02.2025

### AEROBICS & SPINNING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00		TRX * Lara		TRX * Lara			
09:00	FUNCTIONAL TRAINING Inessa	TRX * Lara	BODY BALLET Christina Am	TRX * Lara	FUNCTIONAL TRAINING Inessa		
10:00	DANCE MIX Dina	PILATES Kristina Ts	BODYBALANCE Christina Am	PILATES Kristina Ts	FITBALL Maya	TRX * Aram	
11:00	BODYPUMP * Meline	STRETCHING Kristina Ts	STRETCHING Christina Am	STRETCHING Kristina Ts	BODYPUMP * Meline	BODYPUMP * Aram	TRX * Varduhi
12:00	CORE Tigran	BODY FLEX/FACE FITNESS Kristina Ts	ZUMBA Marianna	BODY FLEX/FACE FITNESS Kristina Ts	CORE Melina	SPINNING * Aram	CARDIO BOXING Samvel
13:00	ZUMBA Marianna	BODYCOMBAT Nune	SPINNING * Emmanuel	BODYCOMBAT Nune	ZUMBA Marianna	ZUMBA Dina	ZUMBA Dina
14:00	BODY CORRECTION Gayane	BODYPUMP * Nune	BODY CORRECTION Gayane	BODYPUMP * Nune	BODY CORRECTION Gayane	BODYBALANCE Christina Am	SPINNING * Diana
15:00	TRX * Varduhi				TRX * Varduhi	BODY BALLET Christina Am	ABS Inessa
16:00						STRETCHING Christina Am	LOWER BODY Gayane
17:00	KIDS BOXING Samvel	KIDS FITNESS David	KIDS BOXING Samvel	KIDS FITNESS David	KIDS BOXING Samvel		
18:00	PILATES Christina Am	KIDS BREAKDANCE Sargis	PILATES Christina Am		KIDS BREAKDANCE Sargis		
19:00	BODYPUMP * Inessa	ZUMBA Dina	BODYPUMP * Aram	ABS Gayane	DANCE MIX Emmanuel		
20:00	SPINNING * Inessa	LATINO MIX Dina	SPINNING * Aram	LOWER BODY Gayane			
21:00			TRX * Aram				

\* TRX, Aerial Yoga, Body Pump and Spinning classes must be registered

**GOLD'S GYM AMIRYAN****YOGA & PILATES STUDIO****07.01-02.02.2025**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30		FACE YOGA 30min Lena					
09:00	PILATES <b>New</b> Meri K.	INTEGRATIVE YOGA Lena	AERIAL YOGA * Anush	HATHA YOGA Khachik	PILATES <b>New</b> Meri K.		
11:00							AERIAL YOGA * Maria
12:00							VINYASA YOGA Maria
13:00	HATHA YOGA Tigran	BODYBALANCE Christina Am	VINYASA YOGA Tigran	BODYBALANCE Christina Am	HATHA YOGA Tigran	KIDS GYMNASTICS Christina Am	AERIAL YOGA * Maria
15:00	AERIAL YOGA * Lena		HATHA YOGA Maria		AERIAL YOGA * Maria		STRETCHING Meri K.
17:00	KIDS GYMNASTICS Christina Am						
18:00	KIDS LATINO Inessa		KIDS LATINO Inessa	KIDS GYMNASTICS Christina Am			
19:00	PILATES Christina Am	AERIAL YOGA * Maria	PILATES Christina Am	STRETCHING Christina Am			
20:00	STRETCHING Christina Am	AERIAL YOGA * Maria	VINYASA YOGA Maria	AERIAL YOGA * Maria	RESTORATIVE YOGA Maria		
<b>POOL AREA</b>							
11:00	AQUA AEROBICS Mary		AQUA AEROBICS Mary		AQUA AEROBICS Maya	AQUA AEROBICS Mary	
19:00					AQUA AEROBICS Mary		

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