



# GROUP EXERCISE SCHEDULE

GOLD'S GYM AVAN

02.12-29.12.2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00		SPINNING Emmanuel	BODY FLEX 09:10 Kristina	SPINNING Emmanuel			
10:00	LOWER BODY Varduhi		PILATES Kristina		BODY CORRECTION Varduhi	PILATES Kristina	
11:00	POWER CYCLE Varduhi	HATHA YOGA Tigran	STRETCHING Kristina	HATHA YOGA Tigran	POWER CYCLE Varduhi	STRETCHING Kristina	CIRCUIT TRAINING Nune
12:00	DANCE MIX Dina	ABS Tigran		ABS Tigran	DANCE MIX Dina	BODY FLEX /FACE FITNESS Kristina	SPINNING Nune
13:00	PILATES Meri	TRX Varduhi (gym floor)		CROSSFIGHT Varduhi		PUMP Diana	TRX Varduhi
14:00	STRETCHING Meri	TRX STRETCH Varduhi (gym floor)				SPINNING Diana	TRX STRETCH Varduhi
15:00						ABS Diana	DANCE MIX Emmanuel
16:00						HATHA YOGA Tigran	
17:00						ZUMBA Marinanna	
19:30	PILATES Kristina	PUMP Nune	CROSSFIGHT Nune	POWER CARDIO Aram	BODY CORRECTION Nune		
20:00	TRX Varduhi (gym floor)						
20:30	STRETCHING Kristina	SPINNING Nune	COMBAT/ABS Nune	HATHA YOGA Khachik	SPINNING Nune		