



GOLD'S GYM AVAN

GROUP EXERCISE SCHEDULE

05.04.2021 – 02.05.2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00	LOWER BODY Varduhi		PILATES Kristina Ts		ABS Varduhi		
11:00	POWER CYCLE Varduhi	HATHA YOGA Tigran	S-T-R-E-T-C-H Kristina Ts	HATHA YOGA Tigran	POWER CYCLE Varduhi		
12:00		ABS Tigran		ABS Tigran		NATIONAL DANCE Greta	SPINNING Diana
13:00		TRX Varduhi		BODY CORRECTION Varduhi		TRX Varduhi	ABS Varduhi
14:00						SPINNING Diana	STEP MIX Varduhi
15:00						ABS Diana	ZUMBA Dina
16:00						HATHA YOGA Tigran	
19:30	PILATES Elena	PUMP David	NATIONAL DANCE Greta	BREAKLETICS Sargis	PUMP David		
20:30	S-T-R-E-T-C-H Elena	SPINNING David	BODYCOMBAT Diana	S-T-R-E-T-C-H Elena	SPINNING David		