



GOLD'S GYM KOMITAS

GGX

TIMETABLE

16.02.2015 - 29.03.2015



AEROBICS & SPINNING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:15		ATTACK (30min)	SPINNING 07:45	COMBAT (30min)	BODY FLEX 09:15		
10:00	LOWER BODY	BODY FLEX	ABS,BACK&STRETCH	BODY CORRECTION	PILATES	BODY CORRECTION New	
11:00	ZUMBA STEP (45min)	STRETCHING	PILATES	ZUMBA fitness	STRETCHING	PILATES	ZUMBA fitness
12:00						SPINNING	LOWER BODY
13:00	BODYPUMP	SPINNING 13:15 (30 min)	BODYPUMP	SPINNING 13:15 (30 min)		ORIENTAL DANCE	SPINNING
14:00	PILATES	BODY CORRECTION	CORE STRENGTH (30min)	BODY CORRECTION	LOWER BODY	BODY CORRECTION	ABS,BACK&STRETCH
15:00	ZUMBA fitness NEW	STRETCHING	LOWER BODY (30min) 14:30	STRETCHING	ABS,BACK&STRECH	BODYPUMP	ORIENTAL DANCE
16:00		BALLET CLASS /5-9age/		BALLET CLASS /5-9age/		ZUMBA fitness	PILATES
17:00		BALLET CLASS/9-12age/		BALLET CLASS/9-12age/		COMBAT	ZUMBA STEP (45min)
18:00		PRE-PRIMARY BALLET	LATINO DANCE 17: 30	PRE-PRIMARY BALLET		PILATES	NATIONAL DANCES
18:30	LATINO DANCE		ZUMBA fitness	ZUMBA STEP 18:45			
19:00						NATIONAL DANCES	
19:30	BODYPUMP	SPINNING	ORIENTAL DANCE (adv.)	COMBAT	STRETCHING 19:15	TAEKWONDO 20:00	
20:30	SPINNING	ABS,BACK&STRETCH	BODYPUMP	SPINNING	BODYPUMP		
21:30	STRETCHING						

YOGA & PILATES STUDIO

16.02.2015 - 29.03.2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	BREATHING YOGA	FACE FITNESS 09:30	BREATHING YOGA			BODY FLEX 10:00	
12:00						FITNESS LATINO	
13:00						HIP HOP for KIDS	
14:00						KID'S TIME	HIP HOP for KIDS
15:00	BODY FLEX					PRENATAL YOGA	NATIONAL DANCES for KIDS
16:00	FINE SPINE	HATHA YOGA	BODY FLEX	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA
18:00		PRENATAL YOGA		PRENATAL YOGA	LATINO CLUB 18:15	LATINO DANCE	
19:00	LOWER BODY NEW (30min)	PILATES	INTERVAL NEW	PILATES	ZUMBA fitness 19:15		
19:30	CORE STRENGTH NEW (30min)						
20:00	HATHA YOGA	TAEKWONDO	HATHA YOGA	YOGA BALANCE	LOWER BODY (30min) 20:15		
20:45					CORE STRENGTH (30min)		

POOL AREA

11:15	AQUA AEROBICS						
12:15	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	
16:15						PRENATAL AQUA	
18:45		AQUA AEROBICS		AQUA AEROBICS			
19:30		PRENATAL AQUA		PRENATAL AQUA			

BOXING AREA

15:15				TRX (45min)			
19:15					TRX/ KTB (45min)		
19:30		TRX / KTB (45min)					

