



GOLD'S GYM KOMITAS GGX TIMETABLE
21.05.2015 - 28.06.2015



AEROBICS & SPINNING STUDIO

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------|---------------------|-----------------------|------------------------------------|-----------------------|---------------------|---------------------------|--------------------|
| 09:15 | | ATTACK (30min) | SPINNING 07:30 | COMBAT (30min) | BODY FLEX | | |
| 10:00 | LOWER BODY | BODY FLEX | ABS,BACK&STRETCH | BODY CORRECTION | PILATES | BODY CORRECTION | |
| 11:00 | ZUMBA STEP (45min) | STRETCHING | PILATES | ZUMBA fitness | STRETCHING | PILATES | LOWER BODY |
| 12:00 | | | | | | SPINNING | SPINNING |
| 13:00 | BODYPUMP | SPINNING | BODYPUMP | SPINNING | BODYPUMP NEW | ORIENTAL DANCE | ABS,BACK&STRETCH |
| 14:00 | PILATES | BODY CORRECTION | CORE STRENGTH (30min) | BODY CORRECTION | ABS,BACK&STRETCH | BODY CORRECTION | |
| 15:00 | ZUMBA fitness | STRETCHING | LOWER BODY (30min) 14:30 | STRETCHING | | 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 | | LATINO CLUB | | |
| 19:00 | | | | | | NATIONAL DANCES | |
| 19:30 | BODYPUMP NEW | SPINNING | ORIENTAL DANCE (adv.) | COMBAT | STRETCHING | TAEKWONDO 20:00 | |
| 20:30 | STRETCHING | ABS,BACK&STRETCH | BODYPUMP | SPINNING | | | |

