



GOLD'S GYM KOMITAS GGX TIMETABLE
27.04.2015 - 31.05.2015



AEROBICS & SPINNING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:15		ATTACK (30min)	SPINNING 07:45	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		ORIENTAL DANCE	ABS,BACK&STRETCH
14:00	PILATES	BODY CORRECTION	CORE STRENGTH (30min)	BODY CORRECTION	LOWER BODY	BODY CORRECTION	
15:00	ZUMBA fitness	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		LATINO CLUB		
19:00						NATIONAL DANCES	
19:30	INTERVAL	SPINNING	ORIENTAL DANCE (adv.)	COMBAT	STRETCHING	TAEKWONDO 20:00	
20:30	STRETCHING	ABS,BACK&STRETCH	BODYPUMP	SPINNING	BODYPUMP		
21:30							

YOGA & PILATES

STUDIO

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	BREATHING YOGA	FACE FITNESS (30min) 09:30	BREATHING YOGA			BODY FLEX 10:00	
12:00						FITNESS LATINO	
13:00					HATHA YOGA	HIP HOP / for KIDS 8-14 age/	
14:00						KID'S TIME / for KIDS 8-14 age/	HIP HOP / for KIDS 8-14 age/
15:00						PRENATAL YOGA	NATIONAL DANCES / for KIDS 8-14 age/
16:00	FINE SPINE	HATHA YOGA	PARTNER YOGA NEW	HATHA YOGA		HATHA YOGA	HATHA YOGA
18:00		PRENATAL YOGA		PRENATAL YOGA		LATINO DANCE	
19:00	BODY FLEX NEW	PILATES	TRX (45min) 19:15	PILATES	ZUMBA fitness 19:30		
20:00	HATHA YOGA	TAEKWONDO	HATHA YOGA	YOGA BALANCE	LOWER BODY (30min) 20:30		
21:00					CORE STRENGTH (30min)		

POOL AREA

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

BOXING AREA

15:15				TRX (45min) Ani			
19:15					TRX (45min) Ani		