



GOLD'S GYM KOMITAS GROUP EXERCISE SCHEDULE
05.04.2021 - 02.05.2021

AEROBICS & SPINNING STUDIO

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|----------------------------|---------------------------|----------------------------|---------------------------|---------------------------|----------------------------|----------------------------|
| 07:30 | SPINNING David | | SPINNING David | | | | |
| 09:00 | BODYCOMBAT Danny | BODYBALANCE Danny | | CROSSFIGHT Danny | BODY FLEX Kristina | | |
| 10:00 | LATINO MIX Marianna | LOWER BODY Gayane | BODY CORRECTION Maya | LOWER BODY Gayane | PILATES Kristina | CROSSFIGHT Inessa | |
| 11:00 | STRETCHING Kristina | PILATES Maya | ZUMBA Marianna | PILATES Maya | STRETCHING Kristina | ZUMBA Marianna | SPINNING Aram |
| 12:00 | CARDIO/SPIN Diana | | | | CARDIO/SPIN Diana | ORIENTAL DANCE Marianna | LOWER BODY Gayane |
| 12:50 | BODYPUMP Inessa | | BODYPUMP Inessa | | BODYPUMP Inessa | | |
| 13:00 | | SPINNING Diana | | SPINNING Diana | | SPINNING Tigran | SPINNING Aram |
| 14:00 | ABS,BACK&STRETCH Inessa | BODY CORRECTION Gayane | ABS,BACK&STRETCH Inessa | BODY CORRECTION Gayane | | BODY CORRECTION Gayane | ABS,BACK&STRETCH Gayane |
| 15:00 | ZUMBA Dina | LATINO non-stop Dina | | ZUMBA Dina | LATINO MIX Marianna | BODYPUMP Lara | ZUMBA Marianna |
| 16:00 | LATINO MIX Marianna | STRETCHING Elena | BODY CORRECTION Gayane | STRETCHING Elena | | BODYCOMBAT Danny | ORIENTAL DANCE Marianna |
| 17:00 | | | | | | LATINO beginners Dina | |
| 18:30 | ZUMBA Marianna | LOWER BODY Lara | ORIENTAL DANCE Marianna | LOWER BODY Lara | | | |
| 19:30 | BODYPUMP Aram | BODY CORRECTION Maria | ZUMBA Marianna | SPINNING Aram | BODYPUMP Inessa | | |
| 20:30 | BREAKLETICS Lara | ABS,BACK&STRETCH Maria | | BODYCOMBAT Aram | ABS,BACK&STRETCH Danny | | |

**GOLD'S GYM KOMITAS****YOGA & PILATES STUDIO****05.04.2021 - 02.05.2021**

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------|-----------------------|---------------------------|-----------------------|---------------------------|-----------------------|---------------------------|-----------------------|
| 09:00 | | | QUEENAX Inessa | | | | |
| 10:00 | | | STRETCHING Elena | RESTORATIVE YOGA Lena | AERIAL YOGA Lena | | |
| 11:00 | | | | | | HATHA YOGA Lena | QUEENAX Inessa |
| 12:00 | BODY FLEX Kristina | QUEENAX Inessa | | QUEENAX Inessa | | PRENATAL YOGA Lena | KIDS HIP-HOP Vahe |
| 13:00 | | | | | | NATIONAL DANCE Elena | KIDS TIME Vahe |
| 14:00 | | RESTORATIVE YOGA Harut | | INTEGRATIVE YOGA Harut | | KIDS GYMNASTICS Elena | |
| 15:00 | | | HATHA YOGA Lena | | | KIDS BREAKDANCE Sargis | HATHA YOGA Tigran |
| 16:00 | AERIAL YOGA Lena | | | | HATHA YOGA Tigran | | |
| 18:15 | | PRENATAL YOGA Lena | | PRENATAL YOGA Lena | | | |
| 19:30 | | QUEENAX Aram | PILATES Maya | BODY CORRECTION Maria | STRETCHING Elena | | |
| 20:00 | HATHA YOGA Tigran | | | | | | |
| 20:30 | | TAEKWONDO Arsen | | TAEKWONDO Arsen | HATHA YOGA Tigran | | |
| POOL AREA | | | | | | | |
| 11:00 | AQUA AEROBICS Maya | | AQUA AEROBICS Maya | | AQUA AEROBICS Mary | | |
| 12:00 | | AQUA AEROBICS Maya | | AQUA AEROBICS Maya | | AQUA AEROBICS Maya | AQUA AEROBICS Elen |
| 13:15 | | | | | | PRENATAL AQUA Maya | |
| 18:45 | | AQUA AEROBICS Maya | | AQUA AEROBICS Maya | | | |
| 19:30 | AQUA AEROBICS Elen | PRENATAL AQUA Maya | AQUA AEROBICS Elen | PRENATAL AQUA Maya | AQUA AEROBICS Elen | | |
| TRX & BOXING STUDIO | | | | | | | |
| 13:00 | TRX Lara | | | | TRX Lara | TRX MIX Lara | |
| 14:00 | | | | | | TRX MIX Lara | |
| 17:00 | KIDS BOXING Artyom | KIDS BOXING Khachik | KIDS BOXING Artyom | KIDS BOXING Khachik | KIDS BOXING Artyom | KIDS BOXING Khachik | |
| 19:30 | | TRX Lara | | TRX Lara | | | |
| 20:30 | | TRX Lara | | TRX Lara | | | |