



GOLD'S GYM AMIRYAN  
GROUP EXERCISE TIMETABLE

01.05.2017 -04.06.2017



GGX STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		Lower Body		
10:00	<b>LATINO CLUB</b>	PILATES	<b>LATINO CLUB</b>	PILATES	ZUMBA fitness		
11:00	BODY BALLET 30min	STRETCHING		STRETCHING		LESMILLS BODYPUMP	
11:30	STRETCH 30min						
12:00			BREAKLETICS			SPINNING.	<b>TRX</b>
13:00	BREAKLETICS	LESMILLS BODYCOMBAT 30min	SPINNING.	LESMILLS BODYCOMBAT 30min		PILATES	ZUMBA fitness
13:30		ABS 30min		ABS 30min			
14:00	Body Correction		STRETCHING		Body Correction	ABS	SPINNING.
15:00					STRETCHING	ZUMBA fitness	ABS
16:00						STRETCHING	Lower Body
17:00	KIDS BOXING		KIDS BOXING		KIDS BOXING		
19:00	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	TABATA HIIT 30min	SPINNING.		
19:30				STRETCH 30min			
20:00	SPINNING.		ABS	Lower Body	BREAKLETICS		

MIND & BODY STUDIO

13:00	Hatha Yoga		Hatha Yoga				VINYASA YOGA 12:00
14:00		Vinyasa Flow		Vinyasa Flow			
19:00	PILATES	KIDS GYMNASTICS	PILATES	KIDS GYMNASTICS			
20:00	STRETCHING		VINYASA YOGA		VINYASA YOGA		

POOL

11:15	Aqua Aerobics		Aqua Aerobics				
12:15						AQUA JOGGING	
19:15					Aqua Aerobics		

