



**GOLD'S GYM AMIRYAN
GROUP EXERCISE TIMETABLE**

03.07.2017 -30.07.2017



GGX STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	09:00	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING			Lower Body		
	10:00	LATINO CLUB	PILATES	LATINO CLUB	PILATES	ZUMBA fitness			
	11:00	BODY BALLET 30min	STRETCHING		STRETCHING		LESMILLS BODYPUMP		
	11:30	STRETCH 30min							
	12:00		KIDS GYMNASSTICS	BREAKLETICS	KIDS GYMNASSTICS		SPINNING	CARDIO Boxing	
	13:00	BREAKLETICS	LESMILLS BODYCOMBAT 30min	SPINNING	LESMILLS BODYCOMBAT 30min	TRX	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	BREAKLETICS	LESMILLS BODYPUMP	TABATA HIIT 30min	BREAKLETICS			
	19:30				STRETCH 30min				
	20:00	SPINNING	ABS	ABS	Lower Body				
MIND & BODY STUDIO	13:00	Hatha Yoga		Hatha Yoga				VINYASA YOGA 12:00	
	14:00		Vinyasa Flow		Vinyasa Flow		KIDS DANCE MIX		
	19:00	PILATES		PILATES					
	20:00	STRETCHING		VINYASA YOGA		VINYASA YOGA			
POOL	11:15	Aqua Aerobics		Aqua Aerobics					
	12:15					Aqua Aerobics			
	19:15					Aqua Aerobics			

