



GOLD'S GYM AMIRYAN
GROUP EXERCISE TIMETABLE

04.09.2017 -01.10.2017



	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GGX STUDIO	09:00	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		Lower Body		
	10:00	LATINO CLUB	PILATES	LATINO CLUB	PILATES	ZUMBA fitness		
	11:00		STRETCHING		STRETCHING		LESMILLS BODYPUMP	
	12:00			BREAKLETICS			SPINNING	CARDIO Boxing
	13:00	BREAKLETICS	LESMILLS BODYCOMBAT 30min	SPINNING	LESMILLS BODYCOMBAT 30min		PILATES	ZUMBA fitness
	13:30		ABS 30min		ABS 30min			
	14:00	Body Correction	TRX	STRETCHING	TRX	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 HIT 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			
	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 Aerobics		
	19:15					Aqua Aerobics		