



GOLD'S GYM AMIRYAN

GROUP EXERCISE SCHEDULE

11.01.2021 – 31.01.2021

GGX STUDIO

BODY & MIND STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	FUNCTIONAL TRAINING Inessa				FUNCTIONAL TRAINING Inessa		
10:00	LATINO MIX Dina	PILATES Kristina Ts	BODY BALLET Kristina Am	PILATES Kristina Ts			
11:00		STRETCHING Kristina Ts		STRETCHING Kristina Ts		BODYPUMP Aram	
12:00						SPINNING Aram	CARDIO BOXING Samvel
13:00	BREAKLETICS Vanush	BODYCOMBAT/ABS Danny 30min/30min	SPINNING Diana	BODYCOMBAT/ABS Danny 30min/30min	ZUMBA Marianna	ZUMBA Dina	ZUMBA Dina
14:00	BODY CORRECTION Gayane	BODYBALANCE Danny	BODY CORRECTION Gayane	BODYBALANCE Danny	BODY CORRECTION Gayane	PILATES Kristina Ts	SPINNING Diana
15:00						BODY BALLET Kristina Am	ABS Inessa
16:00						STRETCHING Kristina Am	LOWER BODY Gayane
17:00	KIDS BOXING Samvel	KID'S JUDO David		KID'S JUDO David	KIDS BOXING Samvel		
18:00		KIDS BREAKDANCE Sargis			KIDS BREAKDANCE Sargis		
19:00	BODYPUMP Danny	ZUMBA Dina	BODYPUMP Aram	ABS Gayane			
20:00	SPINNING Danny		SPINNING Aram	LOWER BODY Gayane			
09:00		VINYASA YOGA Harut		INTEGRATIVE YOGA Harut			
11:00			AERIAL YOGA Harut				
12:00			AERIAL YOGA Harut				VINYASA YOGA Tigran
13:00					HATHA YOGA Tigran		
14:00						KIDS GYMNASTICS Kristina Am	
18:00				KIDS GYMNASTICS Kristina Am			
19:00	PILATES Kristina Am		PILATES Kristina Am	STRETCHING Kristina Am			
20:00	STRETCHING Kristina Am	AERIAL YOGA Harut	HATHA YOGA Harut		RESTORATIVE YOGA Harut		
11:00	AQUA AEROBICS Mary		AQUA AEROBICS Mary				
12:00						AQUA AEROBICS Mary	