



GOLD'S GYM KOMITAS GGX SCHEDULE

03.07.2017 - 30.07.2017



AEROBICS & SPINNING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30	SPINNING	BODYPUMP	SPINNING	BODYPUMP			
09:00			BODYCOMBAT		BODYFLEX 09:15		
10:00	BODY CORRECTION	LOWER BODY	BODY CORRECTION	LOWER BODY	PILATES	CROSSFIGHT	
11:00	ZUMBA	PILATES	ZUMBA	PILATES	STRETCHING	PILATES	POWER CYCLE
12:00	HIIT CARDIO 12:15		HIIT CARDIO 12:15		HIIT CARDIO 12:15	SPINNING	LOWER BODY
13:00	BODYPUMP	SPINNING	BODYPUMP	SPINNING	BODYPUMP	ORIENTAL DANCE	SPINNING
14:00	PILATES	BODY CORRECTION	ABS, BACK&STRETCH	BODY CORRECTION	ABS, BACK&STRETCH	BODY CORRECTION	ABS, BACK&STRETCH
15:00	ZUMBA	STRETCHING	BALANCE <i>new</i>	STRETCHING	ZUMBA	BODYPUMP	STRETCHING
16:00	POWER STEP	LATINO CLUB	TABATA	LATINO CLUB	POWER STEP	BODYCOMBAT	ORIENTAL DANCE
17:00						ZUMBA	NATIONAL DANCE
17:30		KID'S BALLET		KID'S BALLET			
18:00						LATINO CLUB	PILATES
18:30			LOWER BODY	ORIENTAL DANCE			
19:30	BODYPUMP	SPINNING	ZUMBA	SPINNING	BODYPUMP		
20:30	BREAKLETICS	ABS, BACK&STRETCH	BODYPUMP	BODYCOMBAT	BREAKLETICS		



YOGA & PILATES STUDIO

03.07.2017 - 30.07.2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	BREATHING YOGA	QUEENAX ABS	AERIAL YOGA	QUEENAX ABS			
10:00	STRETCHING						
12:00		QUEENAX		QUEENAX		NATIONAL DANCE	
13:00	KID'S TIME		KID'S LATINO			KID'S TIME	KID'S HIP HOP
14:00						KID'S LATINO	KID'S TIME
15:00					AERIAL YOGA	PRENATAL YOGA	KID'S YOGA
16:00	HATHA YOGA		VINYASA YOGA		VINYASA YOGA	HATHA YOGA	VINYASA YOGA
17:00		KIDS BOXING		KIDS BOXING			
18:00		PRENATAL YOGA		PRENATAL YOGA			
19:00	QUEENAX	PILATES	QUEENAX	PILATES			
20:00	HATHA YOGA	TAEKWONDO	CAPOEIRA	TAEKWONDO	HATHA YOGA		
21:00	STRETCHING	AERIAL YOGA					

POOL AREA

12:15	AQUA AEROBICS 11:15	AQUA AEROBICS	AQUA AEROBICS 11:15	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	
16:15						PRENATAL AQUA	
18:45		AQUA AEROBICS		AQUA AEROBICS			
19:30	AQUA AEROBICS	PRENATAL AQUA	AQUA AEROBICS	PRENATAL AQUA	AQUA AEROBICS NEW		

BOXING AREA

14:00						TRX MIX (45min)	
19:30		TRX LOWER BODY/CORE (45min)		TRX CARDIO/CORE (45min)			
20:30		TRX UPPER BODY/CORE (45min)		TRX CHALLENGE (45min)			