



# GOLD'S GYM KOMITAS GGX SCHEDULE

04.09.2017 - 01.10.2017



## AEROBICS & SPINNING STUDIO

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



# YOGA & PILATES STUDIO

04.09.2017 - 01.10.2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	AERIAL YOGA	QUEENAX ABS	BREATHING YOGA	QUEENAX ABS			
10:00	STRETCHING						
12:00		QUEENAX		QUEENAX			
13:00						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	PILATES	VINYASA YOGA	HATHA YOGA	VINYASA YOGA
17:00		KIDS BOXING		KIDS BOXING			
18:00		PRENATAL YOGA		PRENATAL YOGA			
19:00	QUEENAX	PILATES	QUEENAX	PILATES	STRETCHING		
20:00	HATHA YOGA	TAEKWONDO	CAPOEIRA	TAEKWONDO	HATHA YOGA		
21:00	STRETCHING						

## 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		

## 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)			