GOLD'S GYM KOMITAS GGX SCHEDULE
03.04.2017 - 30.04.2017

AEROBICS & SPINNING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30	SPINNING	BODYPUMP	SPINNING	BODYPUMP			
09:15			BODYCOMBAT		BODYFLEX		
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 new	STRETCHING	ZUMBA	BODYPUMP	STRETCHING
16:00	POWER STEP	LATINO CLUB	TABATA NEW	LATINO CLUB	POWER STEP	BODYCOMBAT	ORIENTAL DANCE
17:00		KID'S BALLET 17:30		KID'S BALLET 17:30		ZUMBA	NATIONAL DANCE
18:00						LATINO CLUB	
18:30			LOWER BODY	ORIENTAL DANCE	POWER CYCLE		
19:30	BODYPUMP	SPINNING	ZUMBA	SPINNING	BODYPUMP		
20:30	BREAKLETICS NEW	ABS, BACK&STRETCH	BODYPUMP	BODYCOMBAT	BREAKLETICS		

YOGA & PILATES STUDIO 03.04.2017 30.04.2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	BREATHING YOGA	QUEENAX ABS		QUEENAX ABS			
10:00	STRETCHING						
12:00						NATIONAL DANCE	QUEENAX NEW
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		VINYASA YOGA	HATHA YOGA	VINYASA YOGA
17:00		KIDS BOXING		KIDS BOXING			
18:00		PRENATAL YOGA		PRENATAL YOGA			PILATES
19:00	QUEENAX	PILATES	QUEENAX	PILATES	CAPOEIRA		
20:00	HATHA YOGA	TAEKWONDO	CAPOEIRA	TAEKWONDO	HATHA YOGA		
21:00	STRETCHING	AERIAL YOGA					
POOL AREA							
12:15	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	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			
BOXING AREA							
14:00		TRX (45min)		TRX (45min)		TRX MIX (45min)	
19:30		TRX LOWER BODY/CORE (45min)		TRX CARDIO/CORE (45min)			
20:30		TRX UPPER BODY/CORE (45min)		TRX CHALLENGE (45min)			