



GOLD'S GYM KOMITAS GROUP EXERCISE SCHEDULE 11.01.2021 - 31.01.2021

AEROBICS & SPINNING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30			SPINNING David				
09:00	BODYCOMBAT Danny	BODYBALANCE Danny		CROSSFIGHT Inessa	BODY FLEX Kristina		
10:00	LATINO MIX Marianna	LOWER BODY Gayane	BODY CORRECTION Maya	LOWER BODY Gayane	PILATES Kristina	CROSSFIGHT Inessa	
11:00	STRETCHING Kristina	PILATES Maya	ZUMBA Marianna	PILATES Maya	STRETCHING Kristina	ZUMBA Marianna	
12:00	CARDIO/SPIN Diana				CARDIO/SPIN Diana	ORIENTAL DANCE Marianna	LOWER BODY Gayane
12:50	BODYPUMP Inessa		BODYPUMP Inessa		BODYPUMP Inessa		
13:00		SPINNING Hovo		SPINNING Hovo		SPINNING Tigran	SPINNING Aram
14:00	ABS,BACK&STRETCH Inessa	BODY CORRECTION Gayane	ABS,BACK&STRETCH Hovo	BODY CORRECTION Gayane		BODY CORRECTION Gayane	ABS,BACK&STRETCH Hovo
15:00	ZUMBA Dina	LATINO non-stop Dina		ZUMBA Dina	LATINO MIX Marianna	BODYPUMP Lara	ZUMBA Marianna
16:00		STRETCHING Elena	BODY CORRECTION Gayane	STRETCHING Elena		BODYCOMBAT Danny	ORIENTAL DANCE Marianna
17:00						LATINO beginners Dina	
18:30	ZUMBA Marianna	LOWER BODY Lara	ORIENTAL DANCE Marianna	LOWER BODY Lara			
19:30	BODYPUMP Aram	BODY CORRECTION Maria	ZUMBA Marianna	SPINNING Aram			
20:30	BREAKLETICS Lara	ABS,BACK&STRETCH Hovo		BODYCOMBAT Aram	BREAKLETICS Vanush		

**GOLD'S GYM KOMITAS****YOGA & PILATES STUDIO****11.01.2021 - 31.01.2021**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00			QUEENAX Inessa				
10:00			STRETCHING Elena	RESTORATIVE YOGA Lena			
11:00							QUEENAX Inessa
12:00		QUEENAX Hovo		QUEENAX Hovo		HATHA YOGA Lena	KIDS HIP-HOP Vahe
13:00						NATIONAL DANCE Elena	KIDS TIME Vahe
14:00		RESTORATIVE YOGA Harut		INTEGRATIVE YOGA Harut		KIDS GYMNASTICS Elena	
15:00			HATHA YOGA Lena			KIDS BREAKDANCE Sargis	
16:00	AERIAL YOGA Lena				HATHA YOGA Tigran		
18:15							
19:30				BODY CORRECTION Maria	STRETCHING Elena		
20:00	HATHA YOGA Tigran						
20:30		TAEKWONDO Arsen		TAEKWONDO Arsen	HATHA YOGA Lena		

POOL AREA

11:00	AQUA AEROBICS Maya		AQUA AEROBICS Maya		AQUA AEROBICS Mary		
12:00		AQUA AEROBICS Maya		AQUA AEROBICS Maya		AQUA AEROBICS Maya	AQUA AEROBICS Elen
18:45		AQUA AEROBICS Maya		AQUA AEROBICS Maya			
19:30	AQUA AEROBICS Elen		AQUA AEROBICS Elen		AQUA AEROBICS Elen		

TRX & BOXING STUDIO

12:00							
13:00	TRX Lara				TRX Lara	TRX MIX Lara	
14:00						TRX MIX Lara	
17:00		KIDS BOXING Khachik		KIDS BOXING Khachik			
19:30		TRX Lara		TRX Lara			
20:30		TRX Lara		TRX Lara			