









Մեծահասակների համար/For adults



	/ Mon	/ Tue	/ Wed	/ Thu	/ Fri	/ Sat	/ Sun
8:00			/ Open air cycling / David	/ Core cycle / / David			
9:00			/ Table tennis / David				
9:30	/ Aqua bike / / Nana	/ Yoga / / Artak		/ Yoga / / Artak	/ Aqua bike / / Nana		
10:00	/ Zumba / Marianna	/ Open air run / Gevorg	/ Table tennis / David		/ Open air run / Gevorg	/ Yoga / / Artak	
10:30	/ Aqua bike / Nana	/ Martial arts / Artak gym- Functional workout at gym / Arman		gym- Functional workout at gym / Arman	/ Aqua bike / Nana		
11:00	/ Oriental dances / Marianna / Tennis / Gevorg 	/ Choreography / Tatev	/ Table tennis / David		/ Tennis / Gevorg 	/ Martial arts / Artak / Choreography / Tatev	/ Body flex / Knarik
11:30	() / Aquashape (intense) / Nana				() / Aquashape (intense) / Nana		
12:00	/ Stretch / Lusine / GoBike / David	Latin dances (basic) / / Karen / Aquashape / Arayik	/ Leg workout / Kristina	() / Step (basic) / Lusine / Aquashape / Arayik	/ Body workout / Kristina	/ Fit ball / Lusine	/ Zumba step / Marianna / Tennis / Gevorg 
12:30			() / Aquashape (intense) / Nana				
13:00	/GoPump / Kristina	/ Fit ball / Lusine / GoBike / David	/ Pilates / Kristina	/ Stretch / Lusine / GoBike / Lilit	/GoFight / Kristina	/ Abs & Stretch / Lusine / GoBike / David	() Yoga (women health) / Yulia
14:00	gym- Functional workout at gym / Arman	/ Go Core / Lusine		/ Zumba / Marianna	/ Body flex / Knarik	/ Ballroom dances / Karen gym- Functional workout at gym / / Arman	/ GoBike / / Lilit
15:00		/ Aquashape / Elmira		/ Aquashape / Elmira	gym- Functional workout at gym / Arman	/ Aquahard / Elmira	1 / Step 1 / / Kristina
16:00		/ Yoga / Artak		/ Yoga / Artak		/ Zumba / Marianna () / Swimming (basic) / Arayik / Table tennis / David	/ Pilates / Lusine
18:00	Ballroom dances / / Karen / Table tennis / David		/ Go Core / Lusine		() / Step (basic) / Lusine / Choreography / Tatev	/ Yoga / / Artak	
19:00	1 / Step 1 / Kristina	/ Body workout / Kristina	/ Fit ball / Lusine 	/GoFight / Kristina	/ Latin dances / Karen / Pilates / / Lusine	/ Table tennis / David	
	/ Body flex / Knarik	/ Oriental dances / Marianna	/ Tennis / Gevorg 	() Yoga (women health) / Yulia	/ Box / Bagrat		
	/ Table tennis / David	() / Swimming (basic) / Arayik	/ Box / Bagrat				
20:00	/ Leg workout / Kristina	/ Pilates / Kristina	/ Stretch / / Lusine Latin dances (basic) / / Karen	/GoPump / Kristina	/ GoBike / Lilit		
	() Aquashape (intense) / / Elmira		/ GoBike / Lilit	gym- Functional workout at gym / Arman	/ Zumba / Marianna		
	/ Table tennis David	gym- Functional workout at gym / / Arman	/ Aquashape / Elmira		() / Aquashape (intense) / Elmira		
21:00	gym- Functional workout at gym / / Arman		gym- Functional workout at gym / / Arman		gym- Functional workout at gym / / Arman		

Երեխաների համար/For kids



	/ Mon	/ Tue	/ Wed	/ Thu	/ Fri	/ Sat	/ Sun
11:00	 / Football (U11) / Sasha	 / Tennis / Arman	 / Football (U11) / Sasha	 / Tennis / Arman	() Swimming (basic) / Elmira / Football(11+) / Sasha	/ Karate (11+) / Narek Gymnastics / Knarik	Sportlandia / Sasha
12:00	() Swimming (basic) / Elmira	() Swimming (intermediate) / Melik	Tai Bo kids / Narek Dance Mix / Tatev	() Swimming (intermediate) / Melik	/ Fit ball / Tatev	/ Fill fit / Tatev	/ Football(11+) / Sasha
17:00	 / Tennis / Arman	() Swimming (advanced) / Aravik		() Swimming (advanced) / Aravik	 / Tennis / Arman		
18:00	Gymnastics / Knarik	/ Fit ball / Tatev	() Swimming (basic) / Elmira	/ Fill fit / Tatev	() Swimming (basic) / Elmira		
19:00	/ Karate (11+) / Narek	/ Karate (U11) / Narek Dance Mix / Tatev	/ Karate (11+) / Narek	Dance Mix / Tatev / Karate (U11) / Narek	/ Fit ball / Tatev		