

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
5/11			6/11			7/11			8/11			9/11			10/11			11/10		
30 min	LAB 30	10:00	55 min	<b>LES MILLS BODYCOMBAT</b>	10:00	55 min	DANCE MIX	10:00	55 min	<b>LES MILLS BODYCOMBAT</b>	08:00	55 min	MAKE BODY	10:00	45 min	FT	11:00	45 min	POSTURAL	13:00
Natalia Group Studio			Nick Group Studio			Natalia Group Studio			Nick Group Studio			Irina S Group Studio			David Outdoor box			Zak Group Studio		
30 min	STRETCH & GO	10:30	55 min	YOGA	11:00	30 min	STRETCH & GO	11:00	55 min	ANTIGRAVITY	09:00	45 min	TOTAL STRETCH	11:00	55 min	<b>LES MILLS BODYPUMP</b>	12:00	55 min	<b>LES MILLS RPM</b>	14:00
Natalia Group Studio			Alena Group Studio			Natalia Group Studio			Irina U ! \$ Group Studio			Irina S Group Studio			Natalia Group Studio			Alex ! CYCLE STUDIO		
55 min	FUNCTIONAL TRAINING	11:00	55 min	ANTIGRAVITY	12:00	45 min	POSTURAL	12:00	55 min	LAB	10:00	55 min	STEP TO BEGIN	13:00	55 min	YOGA	13:00	55 min	DANCE MIX	15:00
Elene ! \$ GYM Team Beats®			Alena ! \$ Group Studio			Irina U Group Studio			Zak Group Studio			Zak Group Studio			Alena Group Studio			Zak Group Studio		
55 min	<b>LES MILLS BODYPUMP</b>	13:00	55 min	BOX	13:00	55 min	STEP TO BEGIN	13:00	55 min	PILATES MAT	11:00	45 min	TOTAL STRETCH	14:00	55 min	ANTIGRAVITY	14:00	30 min	BODY PUMP 30	16:00
Makho Group Studio			Sergi Group Studio			Zak Group Studio			Irina U Group Studio			Zak Group Studio			Alena ! \$ Group Studio			Irina S Group Studio		
55 min	YOGA	14:00	55 min	<b>LES MILLS BODYBALANCE</b>	14:00	55 min	YOGA	14:00	55 min	<b>LES MILLS BODYPUMP</b>	13:00	55 min	<b>LES MILLS BODYPUMP</b>	19:00	55 min	POUND FIT	15:00	30 min	CORE	16:30
Alena Group Studio			Irina U Group Studio			Sergi Group Studio			Zak Group Studio			David Group Studio			Zak ! \$ CYCLE STUDIO			Irina S Group Studio		
55 min	DANCE MIX	19:00	55 min	LAB	19:00	55 min	<b>LES MILLS BODYCOMBAT</b>	19:00	55 min	PLAY	19:00	55 min	YOGA	20:00	30 min	LAB 30	16:00	55 min	<b>LES MILLS BODYBALANCE</b>	17:00
Natalia Group Studio			Natalia Group Studio			Nick Group Studio			David ! \$ GYM			Alena Group Studio			David Group Studio			Makho Group Studio		
55 min	<b>LES MILLS BODYPUMP</b>	20:00	55 min	PILATES MAT	20:00	55 min	MAKE BODY	20:00	55 min	<b>LES MILLS RPM</b>	19:00				30 min	CORE	16:30			
Zak Group Studio			Irina U Group Studio			Irina S Group Studio			Alex ! CYCLE STUDIO						David Group Studio					
55 min	<b>LES MILLS BODYBALANCE</b>	21:00	55 min	<b>LES MILLS BODYPUMP</b>	21:00	55 min	POUND FIT	20:00	55 min	DANCE MIX	19:00				30 min	STRETCH & GO	17:00			
Irina S Group Studio			Irina S Group Studio			Alena ! \$ CYCLE STUDIO			Natalia Group Studio						David Group Studio					
55 min	<b>LES MILLS RPM</b>	21:00				55 min	YOGA	21:00	55 min	<b>LES MILLS BODYBALANCE</b>	20:00									
Alex ! CYCLE STUDIO						Alena Group Studio			Natalia Group Studio			David ! \$ GYM								
									55 min	<b>LES MILLS BODYPUMP</b>	21:00									
									David Group Studio											

! - PRE-REGISTRATION

\$ - PRE-PAYMENT

Supervisor Irina Ushakova: [iushakova@worldclass.ge](mailto:iushakova@worldclass.ge)

