

3000 Blackburn, Amarillo, TX

806-359-5438



# GOLD'S GYM

Fall 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GGX	5:15 AM		LES MILLS <b>BODYPUMP</b> Alisa	LES MILLS <b>GRIT</b> Jes		8:30 AM	LES MILLS <b>BODYCOMBAT</b> Bryan/Jes	
						9:30 AM	LES MILLS <b>BODYPUMP</b> Jes	
	9:00 AM	LES MILLS <b>BODYPUMP</b> Christina	Circuit Christina	ZUMBA FITNESS Christina	LES MILLS <b>BODYPUMP</b> Gabe	ZUMBA FITNESS Angelica	10:30 AM	<b>YOGA</b> with Jodie
						1:00 PM		LES MILLS <b>BODYPUMP</b> Alisa
	4:30 PM		at 5:00 with Rosalia LES MILLS <b>GRIT</b>	LES MILLS <b>BODYSTEP</b> Keitha				
	5:30 PM	LES MILLS <b>BODYPUMP</b> Jazmine	LES MILLS <b>BODYCOMBAT</b> Kaycee	<b>YOGA</b> with Jodie	LES MILLS <b>BODYCOMBAT</b> Stephanie/Jes			
6:30 PM	<b>YOGA</b> with Jodie		LES MILLS <b>BODYPUMP</b> Alisa					
CYCLE	8:30 AM	GGX <b>CYCLE</b> Bill		GGX <b>CYCLE</b> Bill				
						9:00 AM	LES MILLS <b>RPM</b> Danny	
	5:30 PM		LES MILLS <b>RPM</b> Danny	LES MILLS <b>RPM</b> Danny				
AQUA	7:00 AM		GGX <b>AQUA FITNESS</b> Teresa		GGX <b>AQUA FITNESS</b> Teresa	9:30 AM	GGX <b>AQUA FITNESS</b> Colleen	
	9:00 AM	GGX <b>AQUA FITNESS</b> Karon		GGX <b>AQUA FITNESS</b> Mary	GGX <b>AQUA FITNESS</b> Mary			
	10:00 AM		<b>Ai Chi</b> Joy		GGX <b>AQUA FITNESS</b> Cheryl	2:00 PM	GGX <b>AQUA FITNESS</b> Colleen	
	5:30 PM	GGX <b>AQUA FITNESS</b> Teresa	GGX <b>AQUA FITNESS</b> Mary		<b>Ai Chi</b> Joy			