


























## GROUP EXERCISE CLASSES

www.ambitusfitness.com

22-253606

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>floor exercise</b>  9:00 - 9:45 p.m A-7	<b>fit balls</b>  9:00 - 9:45 p.m A-7	<b>pilates</b>  9:00 - 9:45 p.m A-7	<b>toning exercise</b>  9:00 - 9:45 p.m A-7	<b>pilates</b>  9:00 - 9:45 p.m A-7
<b>hips &amp; abs</b>  Elisavet 5:15 - 5:45 p.m A-27	<b>pilates</b>  Nicole 5:15 - 6:00 p.m A-27	<b>fit balls</b>  Panayiotis 5:15 - 6:00 p.m A-7	<b>toning exercise</b>  Elisavet 5:15 - 6:00 p.m A-27	<b>zumba</b>  Caique 5:10 - 5:55 p.m A-27
<b>zumba</b>  Caique 5:55 - 6:40 p.m A-27	<b>zumba</b>  Caique 6:10 - 6:55 p.m A-27	<b>pump it hard</b>  Christos 6:10 - 6:55 p.m A-27	<b>zumba step</b>  6:10 - 6:40 p.m A-27	<b>pilates</b>  Nicole 6:00 - 6:45 p.m A-27
<b>pump it hard</b>  Christos 6:50 - 7:35 p.m A-27	<b>tabata</b>  Panayiotis 7:10 - 7:40 p.m A-27	<b>zumba</b>  7:10 - 7:40 p.m A-27	<b>trx suspension training</b>  Panayiotis 6:50 - 7:30 p.m A-27	<b>functional training</b>  Christos 7:00 - 7:45 p.m A-27
<b>yoga body wellness</b>  Panayiotis 7:40 - 8:40 p.m A-7	 <b>ΛΑΟΓΡΑΦΙΚΟΣ ΟΜΙΛΟΣ ΑΓΛΑΝΤΖΙΑΣ</b> 8:00 - 10:00 p.m A-27		<b>yoga body wellness</b>  Panayiotis 7:40 - 8:40 p.m A-7	



ΑΔΕΙΟΥΧΟ ΓΥΜΝΑΣΤΗΡΙΟ ΑΠΟ ΤΟ ΚΥΠΡΙΑΚΟ ΟΡΓΑΝΙΣΜΟ ΑΘΛΗΤΙΣΜΟΥ  
 OFFICIALLY CERTIFIED BY THE CYPRUS SPORT ORGANISATION

\* Η συνδρομή γυμναστηρίου δεν συμπεριλαμβάνει τα μαθήματα χορού/ Gym subscription does not include Dance lessons  
 \* Το πρόγραμμα μπορεί να αλλάξει χωρίς προειδοποίηση/ Programme can be changed without notice