
























## CLASS SCHEDULE

[www.ambitusfitness.com](http://www.ambitusfitness.com)

22-253606

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>fit balls</b>  Panayiotis 9:00 - 9:45 p.m 45'	<b>floor exercise</b>  Giorgos 9:00 - 9:45 p.m 45'	<b>pilates</b>  <b>NEW</b> Maria 9:00 - 9:45 p.m 45'	<b>toning exercise</b>  Giorgos 9:00 - 9:45 p.m 45'	<b>pilates</b>  Christos 9:00 - 9:45 p.m 45'
<b>toning exercise</b>  Elisavet 5:15 - 6:00 p.m 45'	<b>pilates</b>  Eliana 5:15 - 6:00 p.m 45'	<b>Step &amp; Tone Workout</b>  Elisavet 5:15 - 6:00 p.m 45'	<b>fit balls</b>  Panayiotis 5:15 - 6:00 p.m 45'	<b>hips &amp; abs</b>  Elisavet 5:15 - 5:45 p.m 30'
<b>zumba</b>  room A27 Caique 6:15 - 7:00 p.m 45'	<b>tabata</b>  Panayiotis 6:15 - 6:45 p.m 30'	<b>pump it hard</b>  Christos 6:15 - 7:00 p.m 45'	<b>zumba</b>  Eliza 6:15 - 7:00 p.m 45'	<b>pilates</b>  Eliana 6:00 - 6:45 p.m 45'
<b>pump it hard</b>  Christos 7:15 - 8:00 p.m 45'	<b>zumba</b>  Caique 7:00 - 7:45 p.m 45'	<b>yoga body wellness</b>  Panayiotis 7:15 - 8:00 p.m 45'	<b>functional training</b>  Christos 7:15 - 8:00 p.m 45'	<b>trx suspension training</b>  Panayiotis 7:00 - 7:45 p.m 45'
				<b>yoga body wellness</b>  <b>NEW</b> Panayiotis 8:00 - 8:45 p.m 45'



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

\* Το πρόγραμμα μπορεί να αλλάξει χωρίς προειδοποίηση/ Programme can be changed without notice