




























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 am	fit balls  Wood Floor Area Panayiotis	floor exercise  Wood Floor Area Giorgos	pilates  Wood Floor Area Eliana	toning exercise  Wood Floor Area Giorgos	pilates  Wood Floor Area Christos
5:15-6:00 pm	toning exercise  Wood Floor Area Elisavet	pilates  Wood Floor Area Nicol	pilates  Wood Floor Area Nicol	pilates  Wood Floor Area Nicol	hips & abs  Wood Floor Area Elisavet
		Sprint Interval Training  Rubber Floor Area Christos	circuit training  Rubber Floor Area Andreas	Step & Tone Workout  Rubber Floor Area Elisavet	
6:15-7:00 pm	zumba  Wood Floor Area Andrie	fit balls  Wood Floor Area Panayiotis	zumba  Wood Floor Area Daphne	circuit training  Wood Floor Area Andreas	zumba  Wood Floor Area Daphne
			tabata  Rubber Floor Area Panayiotis		
7:15-8:15 pm	yoga body wellness  Wood Floor Area Panayiotis	 θεατρικό Εργαστήρι Wood Floor Area Demas	 Παραδοσιακοί Χοροί Wood Floor Area Andreas	yoga body wellness  Wood Floor Area Panayiotis	
	pump it hard  Rubber Floor Area Christos		Sprint Interval Training  Rubber Floor Area Christos	pump it hard  Rubber Floor Area Christos	functional training  Rubber Floor Area Christos



ΚΥΠΡΙΑΚΟΣ ΟΡΓΑΝΙΣΜΟΣ ΑΘΛΗΤΙΣΜΟΥ
 OFFICIALLY CERTIFIED BY THE CYPRUS SPORT ORGANISATION



Karava 6C' Platy Aglantzias, 2114, Nicosia, Cyprus
 tel.: 22253606 | fax.:22253605
 info@ambitusfitness.com | ambitusfitness.com

* Το πρόγραμμα μπορεί να αλλάξει χωρίς προειδοποίηση/ Programme will be change without notice



Δεν συμπεριλαμβάνονται στη συνδρομή του γυμναστηρίου