



























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00-9:45 am</b>	<b>fit balls</b>  Wood Floor Area   Panayiotis	<b>floor exercise</b>  Wood Floor Area   Giorgos	<b>pilates</b>  Wood Floor Area   Eliana	<b>toning exercise</b>  Wood Floor Area   Giorgos	<b>pilates</b>  Wood Floor Area   Christos
<b>5:15-6:00 pm</b>	<b>toning exercise</b>  Wood Floor Area   Elisavet	<b>pilates</b>  Wood Floor Area   Nicol	<b>pilates</b>  Wood Floor Area   Nicol	<b>pilates</b>  Wood Floor Area   Nicol	<b>hips &amp; abs</b>  Wood Floor Area   Elisavet
		<b>Sprint Interval Training</b>  Rubber Floor Area   Christos	<b>power burn</b>  Rubber Floor Area   Elisavet	<b>Step &amp; Tone Workout</b>  Rubber Floor Area   Elisavet	
<b>6:15-7:00 pm</b>	<b>zumba</b>  Wood Floor Area   Chr.Andr.	<b>yoga body wellness</b>  Wood Floor Area   Panayiotis	<b>zumba</b>  Wood Floor Area   A & F	<b>zumba</b>  Wood Floor Area   A & F	<b>fit balls</b>  Wood Floor Area   Panayiotis
	<b>trx suspension training</b>  Rubber Floor Area   Elisavet	<b>circuit training</b>  Rubber Floor Area   Elisavet	<b>tabata</b>  Rubber Floor Area   Panayiotis	<b>pump it hard</b>  Rubber Floor Area   Christos	
<b>7:15-8:15 pm</b>	<b>pump it hard</b>  Rubber Floor Area   Christos		 Παραδοσιακοί Χοροί Wood Floor Area   Andreas	<b>Sprint Interval Training</b>  Rubber Floor Area   Christos	<b>functional training</b>  Rubber Floor Area   Christos
<b>7:30-8:30</b>				<b>yoga body wellness</b>  Wood Floor Area   Panayiotis	



ΚΥΠΡΙΑΚΟΣ ΟΡΓΑΝΙΣΜΟΣ ΑΘΛΗΤΙΣΜΟΥ  
 OFFICIALLY CERTIFIED BY THE CYPRUS SPORT ORGANISATION



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



Δεν συμπεριλαμβάνονται στη συνδρομή του γυμναστηρίου