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|---------------------|---|---|---|--|--|
| <b>9:00-9:45 am</b> | <b>fit balls</b> <br>Wood Floor Area   Panayiotis                | <b>floor exercise</b> <br>Wood Floor Area   Giorgos               | <b>pilates</b> <br>Wood Floor Area   Eliana                        | <b>toning exercise</b> <br>Wood Floor Area   Giorgos            | <b>pilates</b> <br>Wood Floor Area   Christos                 |
| <b>4:15-5:00 pm</b> | <b>NEW pilates</b> <br>Wood Floor Area   Nicol                 |   |   |  |  |
| <b>5:15-6:00 pm</b> | <b>toning exercise</b> <br>Wood Floor Area   Elisavet            | <b>pilates</b> <br>Wood Floor Area   Nicol                        | <b>pilates</b> <br>Wood Floor Area   Nicol                         | <b>pilates</b> <br>Wood Floor Area   Nicol                      | <b>hips &amp; abs</b> <br>Wood Floor Area   Elisavet          |
|                     |   | <b>Sprint Interval Training</b> <br>Rubber Floor Area   Christos | <b>power burn</b> <br>Rubber Floor Area   Elisavet                 | <b>Step &amp; Tone Workout</b> <br>Rubber Floor Area   Elisavet |  |
| <b>6:15-7:00 pm</b> | <b>zumba</b> <br>Wood Floor Area   Chr.Andr.                     | <b>yoga body wellness</b> <br>Wood Floor Area   Panayiotis        | <b>zumba</b> <br>Wood Floor Area   A & F                           | <b>zumba</b> <br>Wood Floor Area   A & F                        | <b>fit balls</b> <br>Wood Floor Area   Panayiotis             |
|                     | <b>trx suspension training</b> <br>Rubber Floor Area   Elisavet | <b>circuit training</b> <br>Rubber Floor Area   Elisavet         | <b>tabata</b> <br>Rubber Floor Area   Panayiotis                  | <b>pump it hard</b> <br>Rubber Floor Area   Christos           |  |
| <b>7:15-8:15 pm</b> | <b>pump it hard</b> <br>Rubber Floor Area   Christos           |   | <b>Sprint Interval Training</b> <br>Rubber Floor Area   Christos |  | <b>functional training</b> <br>Rubber Floor Area   Christos |
| <b>7:30-8:30</b>    |   |   |   | <b>yoga body wellness</b> <br>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

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