

## ΑΥΓΟΥΣΤΟΣ - AUGUST GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29/07/2024	30/07/2024	31/07/2024	01/08/2024	02/08/2024
	floor exercise <small>Wood Floor Area 09:00 - 09:45</small>	pilates <small>Wood Floor Area 09:00 - 09:45</small>		pilates <small>Wood Floor Area 09:00 - 09:45</small>
toning exercise <small>Wood Floor Area 17:15 - 18:00</small>	pilates <small>Wood Floor Area 17:00 - 17:45</small>	pilates <small>Wood Floor Area 17:15 - 18:00</small>	pilates <small>Wood Floor Area 17:00 - 17:45</small>	hips & abs <small>Wood Floor Area 17:15 - 18:00</small>
zumba <small>Wood Floor Area 18:15 - 19:00</small>	Sprint Interval Training <small>Rubber Floor Area 17:15 - 18:00</small>	power burn <small>Rubber Floor Area 17:15 - 18:00</small>	Step & Tone Workout <small>Rubber Floor Area 17:15 - 18:00</small>	functional training <small>Rubber Floor Area 18:15 - 19:00</small>
trx suspension training <small>Rubber Floor Area 18:15 - 19:00</small>	circuit training <small>Wood Floor Area 18:15 - 19:00</small>	zumba <small>Wood Floor Area 18:15 - 19:00</small>	pump it hard <small>Rubber Floor Area 18:15 - 19:00</small>	
pump it hard <small>Rubber Floor Area 19:15 - 20:15</small>		Sprint Interval Training <small>Rubber Floor Area 19:15 - 20:15</small>		
05/08/2024	06/08/2024	07/08/2024	08/08/2024	09/08/2024
toning exercise <small>Wood Floor Area 17:15 - 18:00</small>	pilates <small>Wood Floor Area 17:00 - 17:45</small>	pilates <small>Wood Floor Area 17:15 - 18:00</small>	pilates <small>Wood Floor Area 17:00 - 17:45</small>	hips & abs <small>Wood Floor Area 17:15 - 18:00</small>
zumba <small>Wood Floor Area 18:15 - 19:00</small>	Sprint Interval Training <small>Rubber Floor Area 17:15 - 18:00</small>	zumba <small>Wood Floor Area 18:15 - 19:00</small>	yoga body wellness <small>Wood Floor Area 18:15 - 19:00</small>	functional training <small>Rubber Floor Area 18:15 - 19:00</small>
trx suspension training <small>Rubber Floor Area 18:15 - 19:00</small>	yoga body wellness <small>Wood Floor Area 18:15 - 19:00</small>	tabata <small>Rubber Floor Area 18:15 - 19:00</small>	pump it hard <small>Rubber Floor Area 18:15 - 19:00</small>	
pump it hard <small>Rubber Floor Area 19:15 - 20:15</small>		Sprint Interval Training <small>Rubber Floor Area 19:15 - 20:15</small>		
12/08/2024	13/08/2024	14/08/2024	15/08/2024	16/08/2024
CLOSED				
19/08/2024	20/08/2024	21/08/2024	22/08/2024	23/08/2024
<small>Wood Floor Area Rubber Floor Area</small> NO CLASSES	<small>Wood Floor Area Rubber Floor Area</small> NO CLASSES	<small>Wood Floor Area Rubber Floor Area</small> NO CLASSES	<small>Wood Floor Area Rubber Floor Area</small> NO CLASSES	<small>Wood Floor Area Rubber Floor Area</small> NO CLASSES
26/08/2024	27/08/2024	28/08/2024	29/08/2024	30/08/2024
toning exercise <small>Wood Floor Area 17:15 - 18:00</small>	pilates <small>Wood Floor Area 17:00 - 17:45</small>		pilates <small>Wood Floor Area 17:00 - 17:45</small>	hips & abs <small>Wood Floor Area 17:15 - 18:00</small>
zumba <small>Wood Floor Area 18:15 - 19:00</small>	circuit training <small>Wood Floor Area 18:15 - 19:00</small>	zumba <small>Wood Floor Area 18:15 - 19:00</small>	Step & Tone Workout <small>Wood Floor Area 18:15 - 19:00</small>	



ΔΔΕΙΟΥΧΟ 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