

ΑΥΓΟΥΣΤΟΣ - AUGUST

GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28/07/2025	29/07/2025	30/07/2025	31/07/2025	01/08/2025
fit balls  Wood Floor Area 09:00 - 09:45	floor exercise  Wood Floor Area 09:00 - 09:45	pilates  Wood Floor Area 09:00 - 09:45	toning exercise  Wood Floor Area 09:00 - 09:45	
zumba  Wood Floor Area 18:15 - 19:00	pilates  Wood Floor Area 17:15 - 18:00	tabata  Rubber Floor Area 18:15 - 19:00	yoga body wellness  Wood Floor Area 18:10 - 19:10	fit balls  Wood Floor Area 17:15 - 18:00
trx suspension training  Rubber Floor Area 18:15 - 19:00	Sprint Interval Training  Rubber Floor Area 17:15 - 18:15	Sprint Interval Training  Rubber Floor Area 19:15 - 20:15	pump it hard  Rubber Floor Area 18:15 - 19:00	functional training  Rubber Floor Area 18:15 - 19:00
pump it hard  Rubber Floor Area 19:15 - 20:15	fit balls  Wood Floor Area 18:15 - 19:00			
04/08/2025	05/08/2025	06/08/2025	07/08/2025	08/08/2025
toning exercise  Wood Floor Area 17:15 - 18:00	pilates  Wood Floor Area 17:00 - 17:45	pilates  Wood Floor Area 17:15 - 18:00	yoga body wellness  Wood Floor Area 18:10 - 19:10	hips & abs  Wood Floor Area 17:15 - 18:00
zumba  Wood Floor Area 18:15 - 19:00	Sprint Interval Training  Rubber Floor Area 17:15 - 18:00	zumba  Wood Floor Area 18:15 - 19:00	pump it hard  Rubber Floor Area 18:15 - 19:15	functional training  Rubber Floor Area 18:15 - 19:00
pump it hard  Rubber Floor Area 19:15 - 20:15	fit balls  Wood Floor Area 18:15 - 19:00	tabata  Rubber Floor Area 18:15 - 19:00		
		Sprint Interval Training  Rubber Floor Area 19:15 - 20:15		
11/08/2025	12/08/2025	13/08/2025	14/08/2025	15/08/2025
NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	CLOSED
18/08/2025	19/08/2025	20/08/2025	21/08/2025	22/08/2025
CLOSED				
25/08/2025	26/08/2025	27/08/2025	28/08/2025	29/08/2025
toning exercise  Wood Floor Area 17:15 - 18:00	Sprint Interval Training  Rubber Floor Area 17:15 - 18:00	hips & abs  Wood Floor Area	pilates  Wood Floor Area 17:15 - 18:00	hips & abs  Wood Floor Area 17:15 - 18:00
trx suspension training  Rubber Floor Area 18:15 - 19:00	fit balls  Wood Floor Area 18:15 - 19:00	tabata  Rubber Floor Area 18:15 - 19:00	yoga body wellness  Wood Floor Area 18:10 - 19:10	functional training  Rubber Floor Area 18:15 - 19:00
pump it hard  Rubber Floor Area 19:15 - 20:15		Sprint Interval Training  Rubber Floor Area 19:15 - 20:15	pump it hard  Rubber Floor Area 18:15 - 19:00	



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