

GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 fit balls  Wood Floor Area Panayiotis	9:00-9:45 floor exercise  Wood Floor Area Giorgos	9:00-9:45 pilates  Wood Floor Area Marianna	9:00-9:45 toning exercise  Wood Floor Area Giorgos	9:00-9:45 pilates  Wood Floor Area Christos
16:00-16:45 circuit training  Wood Floor Area Alex	16:00-16:45 trx suspension training  Rubber Floor Area Alex	16:00-16:45 toning exercise  Wood Floor Area Alex	16:00-16:45 power burn  Wood Floor Area Alex	
17:00-17:45 toning exercise  Wood Floor Area Alex	17:00-17:45 pilates  Wood Floor Area Nadina 17:00-17:45 power burn  Rubber Floor Area Alex	17:00-17:45 pilates  Wood Floor Area Dafnie 17:00-17:45 circuit training  Rubber Floor Area Alex	17:00-17:45 circuit training  Wood Floor Area Alex	17:00-17:45 hjps & abs  Wood Floor Area Alex
18:10-18:55 zumba  Wood Floor Area Chr.Andr.	18:00-18:45 fit balls  Wood Floor Area Panayiotis	18:10-18:55 zumba  Wood Floor Area Dafnie	18:00-18:45 toning exercise  Wood Floor Area Alex	
18:00-18:45 trx suspension training  Rubber Floor Area Panayiotis	18:00-18:50 Sprint Interval Training  Rubber Floor Area Christos	18:00-18:45 tabata  Rubber Floor Area Panayiotis	18:15-19:15 pump it hard  Rubber Floor Area Christos	18:15-19:00 functional training  Rubber Floor Area Christos
19:05-20:00 yoga body wellness  Wood Floor Area Panayiotis			19:00-20:00 yoga body wellness  Wood Floor Area Panayiotis	
19:15-20:15 pump it hard  Rubber Floor Area Christos		19:15-20:10 Sprint Interval Training  Rubber Floor Area Christos		19:15-20:00 tabata  Rubber Floor Area Panayiotis

AMBITUS

REFORMER PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:15	08:15	08:15	08:15	08:15
09:15	09:15		09:15	09:15
10:15		10:15		
15:30				
16:30		16:30	16:30	
17:30	17:30	17:30	17:30	
18:30	18:30	18:30	18:30	
	19:30		19:30	

Rules

- Duration of the class: 45-60 minutes.
- We operate a 15 minute latecomer policy for our classes, anyone who arrives after the 15 minute window will not be admitted into class.
- All classes must be prebooked.
- We recommend to plan and book your classes in advance to secure your slot.
- If you need to cancel your session, please do so at least 12 hours in advance to allow your space to be filled. One session will be deducted for late cancellations.
- Programme will be change without notice



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