



WORKING HOURS
MONDAY - FRIDAY 06:15 - 22:00
SATURDAY 9:00 - 19:00
SUNDAY 11:00 - 14:00

BE MEMBER OF OUR FACEBOOK GROUP FOR SPECIAL OFFERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRX Suspension Training® 07:45 - 08:30	FAT BURNING 07:00 - 07:45	pilates 07:45 - 08:30	TRX Suspension Training® 07:00 - 07:45	SHAPING CARDIO 07:45 - 08:30
TRX Suspension Training® 09:15 - 10:00	ZUMBA FITNESS 09:15 - 10:00	TRAMPOLINES 09:15 - 10:00	pilates 09:15 - 10:00	ABS & GLUTES 09:15 - 10:00
ABS & GLUTES 13:30 - 14:00	pilates 13:30 - 14:00	SHAPING CARDIO 13:30 - 14:00	TRX Suspension Training® 13:30 - 14:00	LEGS & GLUTES 13:30 - 14:00
SHAPING CARDIO 17:45 - 18:30	CROSS fit 17:45 - 18:30	LEGS & GLUTES 17:45 - 18:30	FAT BURNING 17:45 - 18:30	TRX Suspension Training® 17:45 - 18:30
ABS & LEGS 18:35 - 19:30	COMBAT CARDIO 18:35 - 19:30	ABS & GLUTES 18:35 - 19:30	SHAPING CARDIO 18:35 - 19:30	BOXING 18:35 - 19:30
ZUMBA FITNESS 19:35 - 20:30	ABS & GLUTES 19:35 - 20:30	ZUMBA FITNESS 19:35 - 20:30	COMBAT CARDIO 19:35 - 20:30	YOGA PILATES 19:35 - 20:30
pilates 20:35 - 21:30	TRX Suspension Training® 20:35 - 21:30	pilates 20:35 - 21:30	TRAMPOLINES 20:35 - 21:30	

ΤΜΗΜΑΤΑ ΓΙΑ ΠΑΙΔΙΑ ΗΛΙΚΙΑΣ 6 - 12 ΕΤΩΝ KIDS GROUPS AGED 6-12

ΔΕΥΤΕΡΑ/ MONDAY

16:30 - 17:30

ΦΥΣΙΚΗ ΚΑΤΑΣΤΑΣΗ PHYSICAL CONDITION

ΠΕΜΠΤΗ/ THURSDAY

16:30 - 17:30

ΟΡΘΟΣΩΜΙΑ ORTHOSOMY

CONTACT US TO ARRANGE YOUR OWN GROUP TO BE JUST WITH YOUR FRIENDS