

BE MEMBER OF OUR FACEBOOK GROUP FOR SPECIAL OFFERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 TRX Suspension Training 07:45 - 08:30	 FAT BURNING 07:00 - 07:45	 ABS & GLUTES 07:45 - 08:30	 TRX FAT BURNING 07:00 - 07:45	 SHAPING CARDIO 07:45 - 08:30	
 SHAPING CARDIO 09:15 - 10:00	 TRAMPOLINES 09:15 - 10:00	 TRX Suspension Training 09:15 - 10:00	 pilates 09:15 - 10:00	 ABS & GLUTES 09:15 - 10:00	 FAT BURNING 17:30 - 18:30
 ABS & GLUTES 13:30 - 14:00	 pilates 13:30 - 14:00	 SHAPING CARDIO 13:30 - 14:00	 LEGS & GLUTES 13:30 - 14:00	 ABS & CARDIO 13:30 - 14:00	
 SHAPING CARDIO 17:30 - 18:25	 TRX Suspension Training 17:30 - 18:25	 FAT BURNING 17:30 - 18:25	 ABS & GLUTES 17:30 - 18:25	 CROSS fit 17:30 - 18:25	<p>ΤΜΗΜΑΤΑ ΓΙΑ ΠΑΙΔΙΑ ΗΛΙΚΙΑΣ 6 - 12 ΕΤΩΝ KIDS GROUPS AGED 6-12</p> <p>ΤΡΙΤΗ/TUESDAY 16:30 - 17:25 ΦΥΣΙΚΗ ΚΑΤΑΣΤΑΣΗ PHYSICAL CONDITION</p> <p>ΠΕΜΠΤΗ/THURSDAY 16:30 - 17:25 ΟΡΘΟΣΟΜΙΑ ORTHOSOMY</p>
 ABS & LEGS 18:30 - 19:25	 COMBAT CARDIO 18:30 - 19:25	 ABS & GLUTES 18:30 - 19:25	 SHAPING CARDIO 18:30 - 19:25	 BOXING 18:30 - 19:25	
 ZUMBA FITNESS 19:30 - 20:30	 ABS & GLUTES 19:30 - 20:30	 ZUMBA FITNESS 19:30 - 20:30	 COMBAT CARDIO 19:30 - 20:30	 YOGA PILATES 19:30 - 20:30	
 pilates 20:35 - 21:30	 TRX Suspension Training 20:35 - 21:30	 pilates 20:35 - 21:30	 TRAMPOLINES 20:35 - 21:30		