



# Sab Fitness Club

ΩΡΕΣ

ΔΕΥΤΕΡΑ

ΤΡΙΤΗ

ΤΕΤΑΡΤΗ

ΠΕΜΠΤΗ

ΠΑΡΑΣΚΕΥΗ

	ΑΙΘΟΥΣΑ 1				
16:00 17:00	<b>LES MILLS</b> <b>BODYBALANCE</b> 55' Μάρω		<b>LES MILLS</b> <b>BODYBALANCE</b> 55' Μάρω	<b>TRX</b> Suspension Training® 55' Ορφέας	<b>LES MILLS</b> <b>BODYBALANCE</b> 55' Μάρω
17:00 18:00	<b>LES MILLS</b> <b>BODYPUMP</b> 55' Μάρω	<b>LES MILLS</b> <b>BODYBALANCE</b> 55' Χριστίνα	<b>LES MILLS</b> <b>BODYPUMP</b> 55' Μάρω	<b>LES MILLS</b> <b>BODYBALANCE</b> 55' Χριστίνα	
18:00 19:00		<b>TRX</b> Suspension Training® 55' Ορφέας			
	ΑΙΘΟΥΣΑ 2				
16:00 17:00	<b>FREE RIDE</b>	<b>LES MILLS</b> <b>RPM</b> 30' Κωνσταντίνα	<b>FREE RIDE</b>	<b>FREE RIDE</b>	<b>FREE RIDE</b>
16:30 17:00		<b>LES MILLS</b> <b>RPM</b> 30' Κωνσταντίνα			
17:00 17:30	<b>LES MILLS</b> <b>RPM</b> 30' Χρήστος	<b>FREE RIDE</b>	<b>LES MILLS</b> <b>RPM</b> 30' Χρήστος	<b>LES MILLS</b> <b>RPM</b> 30' Χρήστος	<b>LES MILLS</b> <b>RPM</b> 30' Κωνσταντίνα
17:30 18:00					<b>LES MILLS</b> <b>RPM</b> 30' Κωνσταντίνα
18:00 18:30					<b>FREE RIDE</b>
18:30 19:00		<b>LES MILLS</b> <b>RPM</b> 30' Χρήστος	<b>LES MILLS</b> <b>RPM</b> 30' Χρήστος	<b>LES MILLS</b> <b>RPM</b> 30' Χρήστος	<b>FREE RIDE</b>