
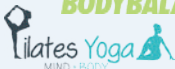




# GROUP CLASSES SCHEDULE

#alwaysstrong

1-5/8/22

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
08:00				
1 45'  NICOLAS	2 45' <b>LES MILLS RPM</b> STELIOS	1 45' <b>LES MILLS BODYPUMP</b> NICOLAS		

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
18:00				
2 45' <b>LES MILLS RPM</b> NICOLAS	1 45' <b>TRX</b> SUSPENSION TRAINING <b>BOOTCAMP!</b> STELIOS	1 45' <b>LES MILLS BODYBALANCE</b>  ELENA	1 45' <b>LES MILLS BODYPUMP</b> NICOLAS	1 55' <b>LES MILLS BODYCOMBAT</b> STAVROS
18:50				
1 45' <b>LES MILLS BODYPUMP</b> STAVROS	1 45'  STELIOS	1 45'  NICOLAS	2 45' <b>LES MILLS RPM</b> NICOLAS	

22-26/8/22

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
18:00				
1 45' <b>TRX</b> SUSPENSION TRAINING <b>BOOTCAMP!</b> STELIOS	2 45' <b>LES MILLS RPM</b> STELIOS	1 45' <b>LES MILLS BODYPUMP</b> NICOLAS	2 45' <b>LES MILLS RPM</b> NICOLAS	1 55' <b>LES MILLS BODYCOMBAT</b> GEORGE
18:50				
1 30' <b>LES MILLS CORE</b> STELIOS		2 30' <b>LES MILLS sprint</b> NICOLAS		