

ALWAYS
STRONG

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NEW BODY

1-2 August

ΠΕΜΠΗ THURSDAY		ΠΑΡΑΣΚΕΥΗ FRIDAY	
08:00 LES MILLS RPM GEORGIA	3 45'	08:00 BOOTCAMP! TRX STELIOS	2 30'
		08:30 LES MILLS CXWORX STELIOS	2 30'

17:30 LES MILLS BODYPUMP NICOLAS	1 55'	17:45 LES MILLS BODYPUMP SOTIRIS	1 45'
17:30 BOOTCAMP! TRX SOTIRIS	2 55'	18:30 LES MILLS CXWORX SOTIRIS	1 30'
18:30 FLOOR WORKOUT ELENA	1 55'	18:15 LES MILLS RPM STELIOS	3 45'
18:30 LES MILLS RPM NICOLAS	3 45'	19:00 LES MILLS BODYCOMBAT GEORGIA	1 55'

5-9 August

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
08:00 TOTAL FITNESS NICOLAS		08:00 BOOTCAMP! LES MILLS TRX CXWORX STELIOS		
17:30 TOTAL FITNESS NICOLAS	17:30 LES MILLS BODYPUMP NICOLAS	17:30 POWER YOGA ELENA	18:00 BOOTCAMP! TRX STELIOS	18:00 LES MILLS BODYPUMP ELENI
18:30 LES MILLS RPM NICOLAS	18:30 LES MILLS sprint NICOLAS	18:30 FLOOR WORKOUT ELENA	19:00 UBOUND STELIOS	19:00 LES MILLS CXWORX ELENI
19:15 LES MILLS BODYCOMBAT GEORGIA	19:00 BOOTCAMP! TRX STELIOS	19:30 LES MILLS RPM GEORGIA		

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19-23 August

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
18:00 LesMILLS BODYPUMP GEORGIA	18:00 FAT BLAST PANAGIOTIS	18:00 LesMILLS BODYBALANCE ELENA	18:00 LesMILLS BODYPUMP ELENI	18:00 POWER YOGA ELENA
19:00 LesMILLS BODYCOMBAT GEORGIA	19:00 LesMILLS sprint PANAGIOTIS	19:00 ZUMBA fitness MYRTO	19:00 LesMILLS RPM GEORGIA	19:00 LesMILLS BODYCOMBAT GEORGIA

26-31 August

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
17:30 TOTAL FITNESS NICOLAS	17:30 LesMILLS BODYPUMP NICOLAS	17:30 POWER YOGA ELENA	17:30 LesMILLS BODYPUMP NICOLAS	18:00 LesMILLS BODYPUMP ELENI
18:30 LesMILLS RPM NICOLAS	18:30 LesMILLS sprint NICOLAS	18:30 TOTAL FITNESS NICOLAS	18:30 LesMILLS RPM NICOLAS	18:30 LesMILLS CXWORX ELENI
19:15 LesMILLS BODYCOMBAT GEORGIA	19:00 BOOTCAMP! TRX STELIOS	19:30 FAT BLAST PANAGIOTIS	19:15 ΛΑΒΟΥΝΔ STELIOS	19:00 LesMILLS BODYCOMBAT GEORGIA