



the **concept**

Group Fitness Terminals

**LESS TIME. MORE EFFECTIVE.
ΚΕΡΔΙΣΕ ΧΡΟΝΟ. ΠΑΡΕ ΑΠΟΤΕΛΕΣΜΑ.**

ΙΣΧΥΕΙ ΑΠΟ 06/07

NEW!

OUTDOOR TRAINING

ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ
11.00 - 11.40: Abs & Legs	19.15 - 19.55: Cardio Drills	11.00 - 11.40: Cross Training	11.00 - 11.40: Cross Training	19.15 - 19.55: Abs & Legs
19.15 - 19.55: Cross Training	20.15 - 20.55: Cross Training	19.15 - 19.55: Abs & Legs	19.15 - 19.55: Cardio Drills	20.15 - 20.55: Cardio Drills
20.15 - 20.55: Abs & Legs			20.15 - 20.55: Abs & Legs	