



	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ
16.00-16.45		HIIT	HIIT	HIIT	
17.00-17.45	HIIT	HIIT	HIIT	HIIT	HIIT
18.00-18.45	HIIT	HIIT	HIIT	HIIT	HIIT
19.00-19.45	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
20.00-20.45	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING