



	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ
16.00-16.45		PyraSthenics		PyraSthenics	
17.00-17.45	HIIT	HIIT	HIIT	HIIT	HIIT
18.00-18.45	HIIT	HIIT	HIIT	HIIT	HIIT
19.00-19.45	HIIT	Cross Training	HIIT	Cross Training	HIIT
20.00-20.45	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training