

**! C O N**

F I T N E S S

**C H A L A N D R I****CYCLING FITNESS DAY ΤΕΤΑΡΤΗ 20/10**

| TIME        | CLASS            | AREA    |
|-------------|------------------|---------|
| 17:00-17:45 | Heartbeat Ride   | CYCLING |
| 18:00-18:45 | Long Run Ride    | CYCLING |
| 19:00-19:45 | Hills Power Ride | CYCLING |

**GYM FITNESS DAY ΠΕΜΠΤΗ 21/10**

| TIME        | CLASS              | AREA |
|-------------|--------------------|------|
| 18:00-18:15 | Body Weight Xpress | GYM  |
| 18:15-18:30 | Abs Xpress         | GYM  |
| 19:00-19:15 | Body Weight Xpress | GYM  |
| 19:15-19:30 | Abs Xpress         | GYM  |
| 20:00-20:15 | Body Weight Xpress | GYM  |
| 20:15-20:30 | Abs Xpress         | GYM  |
| 21:00-21:30 | Total Body Xpress  | GYM  |