





GROUP CLASSES



WEEKLY SCHEDULE

- All Events
 - All Events
 - Body Sculpt
 - Circuit Training
 - Functional Training
 - Les Mills - Body Balance
 - Rock Solid Core
 - Les Mills - RPM
 - Les Mills – Body Combat
 - Les Mills – Body Pump
 - Les Mills – Body Step
 - Swiss Balls
 - TRX
 - Zumba

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00	LesMILLS BODYPUMP		LesMILLS RPM	 Alexandra	 Eleana	
17:00					 Andriani 17:30	
18:00	 Andriani1		TRX Suspension Training® Andriani1			
19:00	LesMILLS BODYPUMP Aristos	LesMILLS RPM	LesMILLS BODYBALANCE Christa	LesMILLS RPM		

MONDAY

- Les Mills – Body Pump
08:00 - 09:00
- Rock Solid Core Andriani
18:00 - 18:30
- Les Mills – Body Pump Aristos
19:00 - 20:00

TUESDAY

- Les Mills - RPM
19:00 - 20:00

WEDNESDAY

- Les Mills - RPM
08:00 - 09:00
- TRX Andriani
18:00 - 18:30
- Les Mills - Body Balance Christa
19:00 - 20:00



THURSDAY

- Swiss Balls Alexandra
08:00 - 09:00
- Les Mills - RPM
19:00 - 20:00

FRIDAY

- Circuit Training Eleana
08:15 - 09:00
- Circuit Training Andriani 17:30
17:30 - 18:00


No classes hours available!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00					 Eleana	
17:00					 Andriani 17:30	

FRIDAY


- Circuit Training Eleana
08:15 - 09:00
- Circuit Training Andriani 17:30
17:30 - 18:00

No classes hours available!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19:00			 Christa			

WEDNESDAY

- Les Mills - Body Balance Christa
19:00 - 20:00

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18:00	 Andriani					

MONDAY

- Rock Solid Core Andriani

18:00 - 18:30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00			LES MILLS RPM			
19:00		LES MILLS RPM		LES MILLS RPM		

TUESDAY

- Les Mills - RPM
19:00 - 20:00

WEDNESDAY

- Les Mills - RPM
08:00 - 09:00

THURSDAY

- Les Mills - RPM
19:00 - 20:00

No classes hours available!


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00	LES MILLS BODY PUMP					
19:00	LES MILLS BODY PUMP Aristos					

MONDAY

- Les Mills – Body Pump
08:00 - 09:00
- Les Mills – Body Pump Aristos
19:00 - 20:00

No classes hours available!

No classes available!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00				 Alexandra		

THURSDAY

- Swiss Balls Alexandra
08:00 - 09:00

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18:00			 Andriani			

WEDNESDAY

- TRX Andriani
18:00 - 18:30

No classes hours available!

No classes available!

Σημείωση: Για τις τάξεις RPM παρακαλώ όπως εκ προτέρων κάνετε κράτηση τη θέση σας.

**Ηνωμένων Εθνών 16-18, 1ος όροφος, 6042,
Λάρνακα**

Τηλ: 24632204 Φαξ: 24250249

**Email: reflexgym@cablenet.com.cy Website:
www.reflexgym.com**

ΚΑΝΤΕ ΤΗΝ ΚΡΑΤΗΣΗ ΣΑΣ