





GROUP CLASSES



WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00	LES MILLS RPM	 ABS & GLUTES		 ABS & GLUTES	
17:30					 SWEAT CIRCUIT
18:00	<input type="checkbox"/>	Strength Development <small>LES MILLS</small>	 TRX®	BUTTY CLASS	
18:30					Strength Development <small>LES MILLS</small>
19:00	LES MILLS BODYPUMP	LES MILLS RPM		LES MILLS sprint	

Inomenon Ethnon 16-18, 1st floor, 6042
Larnaca

Tel: 24632204

Email: reflexgym@cablenet.com.cy

Website: www.reflexgym.com

MAKE YOUR RESERVATION