ATOMIC FITNESS

ΕΒΔΟΜΑΔΙΑΙΟ ΠΡΟΓΡΑΜΜΑ

ΩΡΑ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
9:00	Mat Pilates	Mat Pilates	Mat Pilates	Mat Pilates	Mat Pilates		
10:00	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	Mat Pilates	
11:00	Strength	Strength	Strength	Strength	Strength	Cross Training	
12:00						Cross Training	
13:00						Strength	
17:00	Strength	Strength	Strength	Strength	Strength		
18:00	Mat Pilates	Mat Pilates	Mat Pilates	Mat Pilates	Mat Pilates		
19:00	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training		
20:00	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training		
21:00	Strength	Strength	Strength	Strength	Strength		