



Muay Thai Club
DFL
Kick Boxing Club



	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ
11:00 – 12:00	PERSONAL	PERSONAL	PERSONAL	PERSONAL	PERSONAL
15:00 – 16:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
16:00 – 17:00	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING
17:00 – 18:00	JUNIORS	JUNIORS	JUNIORS	JUNIORS	JUNIORS
		KICK BOXING		KICK BOXING	
18:00 – 19:00	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI
19:30 – 20:30	BOXING	ΣΑΚΟΙ	BOXING	CROSS TRAINING	BOXING
20:30 – 21:30	PERSONAL	PERSONAL	PERSONAL	PERSONAL	PERSONAL

