

2023 - 2024

# My NOB Fitness

ΕΒΔΟΜΑΔΙΑΙΟ ΠΡΟΓΡΑΜΜΑ



	ΔΕΥ	ΤΡΙ	ΤΕΤ	ΠΕΜ	ΠΑΡ	ΣΑΒ
07:30 - 08:30	TOTAL BODY	SPINNING	FUNCTIONAL CARDIO	SPINNING	CROSS TRAINING	
08:00 - 09:00			OPEN WATER SWIMMING			
09:00 - 10:00			TOTAL BODY		FUNCTIONAL CARDIO	OPEN WATER SWIMMING, SPINNING
10:00 - 11:00				PILATES		
11:00 - 12:00	10:30-11:30 PILATES					
12:00 - 13:00		AQUA AEROBIC		AQUA AEROBIC	AQUA AEROBIC	
14:00 - 15:00						AQUA AEROBIC
19:00 - 20:00	SPINNING		SPINNING			
20:00 - 21:00		YOGA		YOGA		

08:00 - 09:30		POOL		POOL		ΠΡΟΠΟΝΗΣΕΙΣ ΠΙΣΙΝΑΣ
09:00 - 10:00	POOL		POOL		POOL	
21:00 - 22:00	POOL	POOL	POOL	POOL	POOL	