



MY NOB FITNESS

ΕΒΔΟΜΑΔΙΑΙΟ ΠΡΟΓΡΑΜΜΑ

2024 - 2025

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
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				PILATES		
12:00 - 13:00		AQUA AEROBIC		AQUA AEROBIC	AQUA AEROBIC	
14:00 - 15:00						AQUA AEROBIC
18:00 - 19:00						
19:00 - 20:00	YOGA SPINNING		YOGA			
20:00 - 21:00						

ΠΡΟΓΡΑΜΜΑ ΠΙΣΙΝΑΣ

08:00 - 09:30		SWIMMING		SWIMMING	
09:00 - 10:00	SWIMMING		SWIMMING		SWIMMING
21:00 - 22:00	SWIMMING	SWIMMING	SWIMMING	SWIMMING	SWIMMING