



**ACTION**  
exclusive

# CROSS TRAINING AREA

## ΔΕΥΤΕΡΑ

09:00-10:00

Open Gym

10:00- 11:00

Open Gym

11:00- 12:00

Open Gym

12:00- 13:00

Open Gym

13:00-14:00

Open Gym

14:00-15:00

Open Gym

15:00-16:00

Open Gym

16:00-17:00

Open Gym

21:00-22:00

Open Gym

## ΤΡΙΤΗ

09:00-10:00

Open Gym

10:00- 11:00

Open Gym

11:00- 12:00

Open Gym

12:00- 13:00

Open Gym

13:00-14:00

Open Gym

14:00-15:00

Open Gym

15:00-16:00

Open Gym

21:00-22:00

Open Gym

## ΤΕΤΑΡΤΗ

09:00-10:00

Open Gym

10:00- 11:00

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11:00- 12:00

Open Gym

12:00- 13:00

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Open Gym

15:00-16:00

Open Gym

16:00-17:00

Open Gym

21:00-22:00

Open Gym

## ΠΕΜΠΤΗ

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15:00-16:00

Open Gym

21:00-22:00

Open Gym

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14:00-15:00

Open Gym

15:00-16:00

Open Gym

16:00-17:00

Open Gym

17:00- 18:00

Open Gym

21:00-22:00

Open Gym

**Ωράριο Λειτουργίας:**

Δευτέρα έως Παρασκευή 09:00 - 22:00