

ASANA

wellness club

MONDAY

09.00 - 09.50
Cardio Burst
w/ Theofilos

10.00 - 11.00
Functional
w/ Theofilos

12.00 - 13.00
Cross Training
w/ Theofilos

TUESDAY

09.00 - 09.50
Cardio Burst
w/ Theofilos

10.00 - 11.00
Functional
w/ Theofilos

12.00 - 13.00
Cross Training
w/ Theofilos

WEDNESDAY

09.00 - 09.50
Cardio Burst
w/ Theofilos

10.00 - 11.00
Functional
w/ Theofilos

12.00 - 13.00
Cross Training
w/ Theofilos

THURSDAY

09.00 - 09.50
Cardio Burst
w/ Theofilos

10.00 - 11.00
Functional
w/ Theofilos

12.00 - 13.00
Cross Training
w/ Theofilos

FRIDAY

09.00 - 09.50
Cardio Burst
w/ Theofilos

10.00 - 11.00
Functional
w/ Theofilos

12.00 - 13.00
Cross Training
w/ Theofilos

SATURDAY

09.00
Hill Run Club
w/ Theofilos

