



Πρόγραμμα προπονήσεων K-1 GYM Γκύζη

ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
Kick Boxing 11.00 - 12.00	Kick Boxing 11.00 - 12.00	Kick Boxing 11.00 - 12.00	Kick Boxing 11.00 - 12.00	Kick Boxing 11.00 - 12.00		
Cross Training 12.00 - 13.00	Cross Training 12.00 - 13.00	Cross Training 12.00 - 13.00	Cross Training 12.00 - 13.00	Cross Training 12.00 - 13.00		
Kick Boxing 17.00 - 18.00 (ΠΑΙΔΙΚΟ 5 - 12 ετών)	Kick Boxing / Boxing 17.00 - 18.00 (ΠΑΙΔΙΚΟ 5 - 12 ετών)	Kick Boxing 17.00 - 18.00 (ΠΑΙΔΙΚΟ 5 - 12 ετών)	Kick Boxing / Boxing 17.00 - 18.00 (ΠΑΙΔΙΚΟ 5 - 12 ετών)	Kick Boxing 17.00 - 18.00 (ΠΑΙΔΙΚΟ 5 - 12 ετών)		
Kick Boxing 18.00 - 19.00	Kick Boxing 18.00 - 19.30	Kick Boxing 18.00 - 19.00	Kick Boxing 18.00 - 19.30	Kick Boxing 18.00 - 19.00		
Cross Training 19.00 - 20.00	Kick Boxing / MMA 19.30 - 21.00	Cross Training 19.00 - 20.00	Kick Boxing / MMA 19.30 - 21.00	Cross Training 19.00 - 20.00		
Kick Boxing / MMA 20.00 - 21.00	Kick Boxing K1/Thai 21.00 - 22.30 (ΑΓΩΝΙΣΤΙΚΟ)	Kick Boxing / MMA 20.00 - 21.00	Kick Boxing K1/Thai 21.00 - 22.30 (ΑΓΩΝΙΣΤΙΚΟ)	Kick Boxing / MMA 20.00 - 21.00		
Kick Boxing K1/Thai 21.00 - 22.30 (ΑΓΩΝΙΣΤΙΚΟ)		Kick Boxing K1/Thai 21.00 - 22.30 (ΑΓΩΝΙΣΤΙΚΟ)		Kick Boxing K1/Thai 21.00 - 22.30 (ΑΓΩΝΙΣΤΙΚΟ)		