

ONE 2 ONE

FITNESS NICOSIA

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	MON	TUE	WED	THU	FRI	SAT	
MORNING		7:30 CROSS HIT	7:00 SPRINT / LEGS 08:30 CARDIO / ABS		6:30 CROSS HIT 7:30 CROSS HIT 9:00 TONE/ ABS	8:00 CROSS HIT 9:00 CROSS HIT	SCHEDULE
AFTERNOON	16:00 PILATES MAT 18:00 CARDIO / ABS	16:00 TONE / ABS 19:30 CROSS HIT or TRAMPOLINO	18:00 TONE / ABS	17:00 CARDIO / ABS 18:00 TRAMPOLINO / ABS			