

KOMANETSI | GYM DEPARTMENT | WEEKLY SCHEDULE | AUGUST

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3-6 AUGUST	6:00PM	PLATES Ends at 7:00pm	LES MILLS BODYPUMP Ends at 6:45pm	PLATES Ends at 7:00pm	LES MILLS BODYPUMP Ends at 6:45pm
	7:15PM	LEGS & GLUTES POWER Ends at 8:00pm	LES MILLS RPM Ends at 8:00pm	CIRCUIT TRAINING Ends at 8:00pm	LES MILLS RPM Ends at 8:00pm
10-13 AUGUST	6:00PM	LES MILLS BODYPUMP Ends at 6:45pm	CIRCUIT TRAINING Ends at 6:45pm	LES MILLS BODYPUMP Ends at 6:45pm	
	7:00PM			LES MILLS RPM Ends at 7:45pm	
24-31 AUGUST	6:00PM	PLATES Ends at 7:00pm	LES MILLS BODYPUMP Ends at 6:45pm	PLATES Ends at 7:00pm	LES MILLS BODYPUMP Ends at 6:45pm
	7:15PM	LEGS & GLUTES POWER Ends at 8:00pm	LES MILLS RPM Ends at 8:00pm	CIRCUIT TRAINING Ends at 8:00pm	LES MILLS RPM Ends at 8:00pm

GYM WORKING HOURS Mon – Fri 06:00 – 22:00

*EXCLUDES NON OPERATIONAL DAYS

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* This program might change at any time.