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| **logo2 dimos xoris**  **σμαλλ AAH_logo_2_RGB**  **Δ.Α.Π.Κ.Η**  **Δ**ΗΜΟΤΙΚΟ  **Α**ΘΛΗΤΙΚΟ  **Π**ΝΕΥΜΑΤΙΚΟ  **Κ**ΕΝΤΡΟ  **Η**ΡΑΚΛΕΙΟΥ  **ΠΡΟΓΡΑΜΜΑ ΟΜΑΔΙΚΩΝ ΠΡΟΓΡΑΜΜΑΤΩΝ**  **ΓΥΜΝΑΣΤΗΡΙΟΥ**   |  |  | | --- | --- | | **ΑΠΟ:** | **15/06/2020** | | **ΕΩΣ:** | **30/06/2020** |   **Ώρες λειτουργίας:**  **ΓΥΜΝΑΣΤΗΡΙΟΥ**  **ΔΕΥΤ-ΠΑΡΑ:8:00-10:30**  **ΣΑΒΒΑΤΟ: 09:00-17:00**  **Τηλ: 2810215080**  **Fax: 2810215090**   |  |  | | --- | --- | | ΕΝΤΑΣΗ | | | **\*** | **ΧΑΜΗΛΗ** | | **\*\*** | **ΜΕΤΡΙΑ** | | **\*\*\*** | **ΥΨΗΛΗ** | | **ΔΕΥΤΕΡΑ** | | | | | **ΤΡΙΤΗ** | | **ΤΕΤΑΡΤΗ** | | | | **ΠΕΜΠΤΗ** | | | **ΠΑΡΑΣΚΕΥΗ** | | |
| **08:45-09:30\* ΟΡΘΟΣΩΜΙΑ** |  | | | | **08:45- 09:30\*(\*)**  **GENIKI GIMNASTIKI** |  | **08:45-09:30\* ΟΡΘΟΣΩΜΙΑ** |  | | | **08:45- 09:30\*(\*)**  **GENIKI GIMNASTIKI** | |  | **08:45-09:40\*pil** |  | |
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| **09:45-10:30\*\*pil** | |  | | | **09:45-10:30\*\*\*pil** | | **09:45-10:30\*\*\*pil** | | |  | **09:45-10:30\*\*\* pil** |  | | **09:45-10:30\*\*\***  CROSS | |  |
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| **17:30-18:30\*\*\***  **pil** | | | |  | **17:30-18:30\*\*\*pil** |  | **17:30-18:30\*\*\*pil** | |  | | **17:30-18:30\*\*\***  **DANCE AEROBIC** | | | **17:30-18:30\*\*\*pil** | |  |
| **18:45-19:30\*\*\***  **DANCE AEROBIC** | | |  | | **18:45-19:30\*\*\***  **FUNCTIONAL** |  | **18:45-19:30\*\*\***  **CROSS** | |  | | **18:45-19:30\*\*\***  **CROSS** | |  | **18:45-19:30\*\*\***  **CROSS** | |  |
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| **19:45-20:30\*\*\*CROSS** | | |  | | **19:45 - 20:30 \*\***  **TABATA ΤRAINING** |  | **19:45 - 20:30 \*\***  **pil** |  | | | **19:45 - 20:30 \*\***  **pil** | |  | **19:45 - 20:30 \*\***  **TABATA ΤRAINING** | |  |
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**ΟΜΑΔΙΚΑ ΠΡΟΓΡΑΜΜΑΤΑ 15/06/2020 έως 30/06/2020**