

Promo-Training Program

Choose and Train where you Like!!!

(free access only for students)

Available Slots 15	Arenas	Dates & Time		Training Descriptions
	<p>Motus Boutique Gym Add: Simonidou 14A, Nicosia Phone: 22-782220</p>	<p>04/04/2025 02/05/2025 16/05/2024</p>	<p>20:30-21:30 20:30-21:30 20:30-21:30</p>	<p>Personal Training Exercise TIPS Functional Training FULL BODY Strength Program FULL BODY</p>
	<p>Mariannas Dance & Fitness Studio Add: Markou Drakou 31A Palouriotisa Phone: 96 358829</p>	<p>03/04/2025 09/04/2025 12/05/2025</p>	<p>18:00-19:00 19:00-20:00 17:00-18:00</p>	<p>Kangoo Zumba Trampoline</p>
	<p>Figure8Gym Add: Nemesseos 9, Palouriotisa Phone: 22-780191</p>	<p>29/04/2025 06/05/2025 13/05/2025</p>	<p>18:30-19:30 18:30-19:30 18:30-19:30</p>	<p>Tabata Cross Functional Training Abs & Glutes</p>
	<p>RedPoint Add: Faidonos 1, Kaimakli Phone: 96 620844</p>	<p>28/03/2025 11/04/2025 09/05/2025</p>	<p>19:00-20:30 19:00-20:30 19:00-20:30</p>	<p>'Intro to Parkour & Bouldering' 'Intro to Parkour & Bouldering' 'Intro to Parkour & Bouldering'</p>