



HOLMES PLACE

BOX FIT

BY HOLMES PLACE

ΔΕΥΤΕΡΑ

ΤΡΙΤΗ

ΤΕΤΑΡΤΗ

ΠΕΜΠΤΗ

ΠΑΡΑΣΚΕΥΗ

8.00-9.00

KICK BOXING

KICK BOXING

KICK BOXING

9.30-10.30

BOXING SKILLS

BOXING SKILLS

16.00-16.50

17.00-17.50

BOXING SKILLS

BOXING SKILLS

18.00-18.50

KICK BOXING

KICK BOXING

KICK BOXING

19.00-19.50

KICK BOXING

KICK BOXING

KICK BOXING

20.00-20.50

KICK BOXING

KICK BOXING

COACH: ΓΙΑΝΝΗΣ ΤΣΑΓΡΗΣ

COACH: VITALIJ CACARENKO

WWW.HOLMESPLACE.COM/GR