

Workout Schedule Mythos Beach S19 week 42 + 44

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Workout with Apollo	Workout with Apollo	Workout with Apollo	Workout with Apollo	Workout with Apollo	Workout with Apollo	Workout with Apollo
08:00 - 08:45	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga
10:00 - 10:45			H.I.T for teens		Core for teens	Bootcamp for teens	
11:00 - 11:45	Core	Circuit		Core	Circuit	Functional training	
12:15 - 12:45	Aqua	Waterpolo for teens	Waterpolo	Aqua	Waterpolo for teens	Aqua	
15:00 - 15:45	H.I.T	Boxing	Bootcamp	H.I.T	Boxing	Cross Fitness	Military training
16:45 - 17:30	Family fitness	Football	Functional training	Family fitness	Bootcamp		Basketball for teens
18:00 - 18:45	Football for teens	Mini Disco 18		Football for teens		Mini Disco 18	