

MARCH 18, 2018

# IFITNESS DAY

AT EUROPEAN  
UNIVERSITY CYPRUS

ENTRANCE: 9€

TELETHON  
2017

Μεγάλος  
Χορηγός:



Στηρίζουν:



A CHARITY EVENT FOR THE SUPPORT OF:



THE CYPRUS  
INSTITUTE OF  
NEUROLOGY  
& GENETICS

Σύνδεσμος  
Μυοπαθών  
Κύπρου



ORGANISED BY:



European  
University Cyprus

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famous  
SPORTS  
--TOGETHER IN ACTION--

SUPPORTED BY: **LES MILLS**  
CYPRUS

**MARCH 18, 2018**

# iFITNESS DAY

**AT EUROPEAN UNIVERSITY CYPRUS**



DESIGN BY: maddesign@gmail.com

TIME	PROGRAM	
10:00	BODY BALANCE	LES MILLS BODYBALANCE
10:45	BODY ATTACK	LES MILLS BODYATTACK
11:30	CAPOEIRA	Apêlora
12:00	WELCOMING CEREMONY CAPOEIRA/KARATE/BODY COMBAT SHOW	RODEO DO MARTIAL ARTS KARATE • BJJ • MMA
12:30	BODY COMBAT	LES MILLS BODYCOMBAT
13:30	BODY PUMP (Reserve your bar at 99663255)	LES MILLS BODYPUMP
14:30	CX WORX	LES MILLS CXWORX
15:00	ZUMBA DANCE PARTY	ZUMBA FITNESS



## FREE PLAYGROUND

The European University will provide us with its specially designed playground and its experienced kindergarten teachers. Also, a face painter will be painting kids' faces at the playground. Trust your children to them while you enjoy your workout! FREE OF CHARGE!!!



**OUTDOOR SPECIAL:** Experience 10-minute version of the **PI**S FITNESS PLAYGROUND at the university's outdoor amphitheater. Workout times: 11:00, 12:30, 14:00 & 15:30.

**ALL DAY LIVE-LINK WITH SUPER RADIO 4.8**  
95.7 & 103.4

### SPONSORS



### SPECIAL SUPPORTERS

Giving their equipment to the event



MORE INFORMATION AT: 99663255