











ΩΡΑ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ	
8:30	PILATES MAT (B)	CORE TRAINING (A)	 Pilates Concept (B)	TOTAL BODY (A)	ORTHOSOMIA (B)			
	TRX[®] FAT BURN * (C)	Power Cycling* (D)	CROSS TRN* (C)					
9:30	BODY POWER (A)	ORTHOSMIA (B)	PILATES PROPS* (B)	HATHA YOGA (B)	BODY POWER (A)	PILATES MAT (B)		
	Power Cycling* (D)	CROSS TRN* (C)	TABATA FIT (A)	CROSS TRN* (C)				
10:30	HATHA YOGA (B) (A)	FIT CORE (A)	 (A)	TAE BOX (A)	PILATES PROPS* (B)	TOTAL BODY (A)		
		PILATES PROPS* (B)	TRX[®] STRENGTH * (C)	PILATES STICK* (B)				
11:30	 (A)	VINYASA YOGA (B)	FIT CORE (A)	STRETCHING (B)	 (A)	STRETCHING (B)		
12:30	INFINITY WORKOUT (A)							
15:00	EXPRESS CARDIO (A)	EXPRESS LEGS (A)	EXPRESS UPPER BOD (A)	EXPRESS CARDIO (A)	EXPRESS ABS (A)			
15:30	EXPRESS ABS (A)	EXPRESS ABS (A)	EXPRESS LEGS (A)	EXPRESS LEGS (A)	EXPRESS CARDIO (A)			
16:00	EXPRESS LEGS (A)	EXPRESS CARDIO (A)	EXPRESS ABS (A)	EXPRESS UPPER BODY (A)	EXPRESS UPPER BODY (A)			
16:30	EXPRESS STRETCHING (A)	EXPRESS UPPER BODY (A)	EXPRESS STRETCHING (A)	EXPRESS ABS (A)	EXPRESS STRETCHING (A)			
17:00	PILATES MAT (B)	BODY POWER (A)	PILATES MAT (B)	TABATA FIT (A)	 Core Concept (A)	PILATES PROPS* (B)		
	L.A.B. WORKOUT (A)							
18:00	 Cardio Concept (A)	ZUMBA (A)	BODY STEP (A)	ZUMBA (A)	VINYASA YOGA (B)	CROSS TRN* (C)		
	TRX[®] FAT BURN * (C)		TRX[®] STRENGTH * (C)	CROSS TRN* (C)				HAPPY KIDS* (B)
19:00	 Total Body Concept (A)	TOTAL BODY (A)	TAE BOX (A)	STRETCHING (B)	BODY POWER (A)	Power Cycling* (D)		
	GUNNING[™] (C)		GUNNING[™] (C)		GUNNING[™] (C)			
	SELF-DEFENCE (B)		Power Cycling* (D)	PILATES PROPS* (B)	Power Cycling* (D)			Power Cycling* (D)
20:00	 (A)		 (A)	YOGA FLOW (B)	 (A)			
	PILATES PROPS* (B)		TRX[®] STRENGTH * (C)	CROSS TRN* (C)	TRX[®] FAT BURN * (C)			TRX[®] STRENGTH * (C)
	Power Cycling* (D)		PILATES MAT (B)	PILATES STICK* (B)				
21:00	HATHA YOGA (B)	TAE BOX (A)	HATHA YOGA (B)	FIT CORE (A)	L.A.B. WORKOUT (A)			
	CROSS TRN* (C)	PILATES STICK* (B)	Power Cycling* (D)	PILATES PROPS* (B)				
			TOTAL BODY (A)					

προεidoπoiήση

* Τα πρόγραμματα με αστερίσκο είναι με συμμετοχή

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