

ΠΡΟΓΡΑΜΜΑ ΟΜΑΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ

| | ΔΕΥΤΕΡΑ | ΤΡΙΤΗ | ΤΕΤΑΡΤΗ | ΠΕΜΠΤΗ | ΠΑΡΑΣΚΕΥΗ | ΣΑΒΒΑΤΟ |
|-------|---------------------------------------|-----------------------------|---------------------------------------|---------------------------------------|------------------------------------|--|
| 08:30 | BODY POWER | PILATES MAT | CORE TRAINING | ORTHOSOMIA | PILATES MAT | |
| 09:30 | TRX STRENGTH * | TABATA FIT | PILATES MAT | BODY SHAPE | CORE TRAINING | 09:00 YOGA FLOW* (90') |
| | VINYASA YOGA | | | PILATES PROPS* | | TOTAL BODY |
| 10:30 | CORE TRAINING | ORTHOSOMIA | L.A.B. WORKOUT | HATHA YOGA | ORTHOSOMIA | PILATES MAT |
| | | | PILATES STICK* | | TRX FAT BURN * | |
| 11:00 | | CALLANETICS* | | PILATES* | | |
| 11:30 | AERIAL * EXPERIENCE fitness | L.A.B. WORKOUT | ORTHOSOMIA | CORE TRAINING | PILATES STICK* | TUMBAO |
| | | | TRX FAT BURN * | | TUMBAO (B) | |
| 15:00 | EXPRESS CARDIO (A) | EXPRESS ABS (A) | EXPRESS LEGS (A) | EXPRESS LEGS (A) | EXPRESS CARDIO (A) | |
| 15:30 | EXPRESS ABS (A) | EXPRESS LEGS (A) | EXPRESS UPPER BODY (A) | EXPRESS UPPER BODY (A) | EXPRESS LEGS (A) | |
| 16:00 | EXPRESS LEGS (A) | EXPRESS PILATES(A) | EXPRESS ABS (A) | EXPRESS PILATES (A) | EXPRESS ABS (A) | |
| 16:30 | EXPRESS STRETCHING (A) | EXPRESS UPPER BODY (A) | EXPRESS STRECHING (A) | EXPRESS STRETCHING (A) | EXPRESS STRETCHING (A) | |
| 17:00 | PILATES MAT | TABATA FIT | | ORTHOSOMIA | INFINITY WORKOUT | |
| | | 17:00 BODY MIND YOGA* (75') | YOGA FLOW | | | |
| 18:00 | BODY POWER | PILATES* | BODY POWER | BOSU* | PILATES MAT | CROSS TRN* |
| | | 18:15 YOGA WORKS* (75') | PILATES STICK* | AERIAL * EXPERIENCE fitness | EXCLUSIVE PILATES* | |
| 19:00 | ZUMBA FITNESS | INFINITY WORKOUT | AERIAL * EXPERIENCE fitness | TUMBAO | | PILATES PROPS* |
| | TRX STRENGTH * | | | TRX FAT BURN * | AERIAL * EXPERIENCE yoga | |
| 20:00 | HATHA YOGA | TRX STRENGTH * | TABATA FIT | BODY POWER/TAE BOX | TABATA FIT | ΜΑΘΗΜΑΤΑ ΜΕ ΑΣΤΕΡΙΣΚΟ (PAID) : (B) ΑΙΘΟΥΣΑ FREE ΟΜΑΔΙΚΑ: (A) ΑΙΘΟΥΣΑ |
| | PILATES* | TUMBAO | PILATES* | 20:30 CALLENETICS* | | |
| 21:00 | INFINITY WORKOUT | BODY POWER | TAE BOX/CORE TRAINING | PILATES MAT | STRETCHING | ΣΤΡΟΦΥΛΙΟΥ 67, Ν.ΕΡΥΘΡΑΙΑ, ΘΗΛ. 2108000857 erythraia@planetfitness.gr |
| | | PILATES STICK* | | | | |



* Τα προγράμματα με αστέρισκο και τα PLANET KIDS είναι με έξτρα οικονομική συμμετοχή. Στα μαθήματα είναι απαραίτητη η δήλωση συμμετοχής.
ΤΟ ΠΡΟΓΡΑΜΜΑ ΕΝΔΕΧΕΤΑΙ ΝΑ ΤΡΟΠΟΠΟΙΗΘΕΙ ΧΩΡΙΣ ΠΡΟΕΙΔΟΠΟΙΗΣΗ