

# ΠΡΟΓΡΑΜΜΑ ΟΜΑΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
08:30	BODY POWER	PILATES MAT	CORE TRAINING	ORTHOSOMIA	PILATES MAT	
09:30	<b>TRX STRENGTH *</b>	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*		<b>TRX FAT BURN *</b>	
11:00		CALLANETICS*		PILATES*		
11:30	AERIAL FITNESS*	L.A.B. WORKOUT	ORTHOSOMIA	CORE TRAINING	PILATES STICK*	<b>TUMBAQ</b>
			<b>TRX FAT BURN *</b>		<b>TUMBAQ</b> (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 FITNESS*	EXCLUSIVE PILATES*	
19:00	<b>TUMBAQ</b>	INFINITY WORKOUT	AERIAL FITNESS*	<b>TUMBAQ</b>		PILATES PROPS*
	<b>TRX STRENGTH *</b>			<b>TRX FAT BURN *</b>	AERIAL YOGA*	ΩΡΑΡΙΟ : ΔΕΥΤΕΡΑ 7.00 - 24.00 ΣΑΒΒΑΤΟ 08.00 - 22.00 ΚΥΡΙΑΚΗ 11.00-20.00
20:00	HATHA YOGA	<b>TRX STRENGTH *</b>	TABATA FIT	BODY POWER/TAE BOX	TABATA FIT	ΜΑΘΗΜΑΤΑ ΜΕ ΑΣΤΕΡΙΣΚΟ (PAID) : (B) ΑΙΘΟΥΣΑ FREE ΟΜΑΔΙΚΑ: (A) ΑΙΘΟΥΣΑ
	PILATES*	<b>TUMBAQ</b>	PILATES*	20:30 CALLENETICS*		
21:00	INFINITY WORKOUT	BODY POWER	TAE BOX/CORE TRAINING	PILATES MAT	STRETCHING	ΣΤΡΟΦΥΛΙΟΥ 67, Ν.ΕΡΥΘΡΑΙΑ, ΘΛ. 2108000857 erythraia@planetfitness.gr
		PILATES STICK*				

