

ΠΡΟΓΡΑΜΜΑ ΟΜΑΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ

ΩΡΑ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
8:30	PILATES MAT (Γ)	CORE TRAINING (Γ)	YOGA FLOW (Γ)	TOTAL BODY (Γ)	ORTHOSSOMIA (Γ)		
9:30	TABATA FIT (Γ)			HATHA YOGA (Γ)	INFINITY WORKOUT (Γ)	PILATES MAT (Γ)	
	PILATES PROPS* (A)	ORTHOSSOMIA (Γ)	TOTAL BODY (Γ)				
	YOGA FLOW (Γ)	TAE BOX/BODY POWER (Γ)	PILATES MAT (Γ)	CARDIO CONCEPT (Γ)	VINYASA YOGA (Γ)	TOTAL BODY (Γ)	
10:30			POWER CYCLING*	TRX STRENGTH* (B)	TRX FAT BURN* (B)	TRX STRENGTH* (B)	
	TRX STRENGTH* (B)	PILATES STICK* (A)	TRX FAT BURN* (B)				
11:30	TUMBAO (Γ)	HATHA YOGA (Γ)	TUMBAO (Γ)	STRETCHING (Γ)	TAE BOX (Γ)	PILATES STICK (A)	
	AERIAL FITNESS* (Γ)			POWER CYCLING*			
12:30						TUMBAO KIDS* (A)	
15:00	EXPRESS ABS (Γ)	EXPRESS UPPER BODY (Γ)	EXPRESS LEGS (Γ)	EXPRESS CARDIO (Γ)	EXPRESS ABS (Γ)		
15:30	EXPRESS LEGS (Γ)	EXPRESS ABS (Γ)	EXPRESS UPPER BODY (Γ)	EXPRESS ABS (Γ)	EXPRESS UPPER BODY (Γ)		
16:00	EXPRESS CARDIO (Γ)	EXPRESS BALANCED STRENGTH (Γ)	EXPRESS CARDIO (Γ)	EXPRESS LEGS (Γ)	EXPRESS LEGS (Γ)		
16:30	EXPRESS STRETCHING (Γ)	EXPRESS LEGS (Γ)	EXPRESS ABS (Γ)	EXPRESS STRETCHING (Γ)	EXPRESS STRETCHING (Γ)		
17:00	INFINITY WORKOUT (Γ)	BODY STEP (Γ)	TABATA FIT (Γ)	YOGA FLOW (Γ)	CORE TRAINING (Γ)		
18:00	PILATES MAT (Γ)	ORTHOSSOMIA (Γ)	TUMBAO (A)	BODY POWER (Γ)	VINYASA YOGA (Γ)		
	CROSS TRN* (-1)	TRX STRENGTH* (B)	TRX STRENGTH* (B)		POUND* (Γ)	CROSS TRN* (-1)	
19:00	CORE TRAINING (A)	BODY POWER (Γ)	TAE BOX (Γ)		L.A.B. WORKOUT (Γ)		
	ORTHOSSOMIA (Γ)	POWER CYCLING*	PILATES PROPS* (A)	PILATES MAT (Γ)	TRX STRENGTH* (B)	POWER CYCLING*	
	AERIAL FITNESS* (Γ)		POWER CYCLING*	POWER CYCLING*	AERIAL FITNESS* (Γ)		
	POWER CYCLING*						
20:00	TUMBAO (Γ)	TAE BOX (Γ)	YOGA FLOW (Γ)	L.A.B. WORKOUT (Γ)	TAE BOX (Γ)		
	PILATES PROPS* (A)	PILATES STICK* (A)	CARDIO CONCEPT (A)	PILATES STICK* (A)			
	TRX FAT BURN* (B)		TRX STRENGTH* (B)	CROSS TRN* (-1)	PILATES PROPS* (A)		
21:00	HATHA YOGA (Γ)	TUMBAO (Γ)	PILATES MAT (Γ)	TUMBAO (Γ)	PILATES MAT (Γ)		
	POWER CYCLING*	POWER CYCLING*	POWER CYCLING*	POWER CYCLING*	POWERCYCLING*		
	AERIAL YOGA* (Γ)						
	TRX FAT BURN* (B)						
	KRAV MAGA* (-1)	KRAV MAGA* (-1)		KRAV MAGA* (-1)			



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

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Planet Fitness & More Faliro, Λ.
Αμφιθέας & Λ. Αγ. Βαρβάρας 2,
Παλαιό Φάληρο, Τηλ. 210 9817311