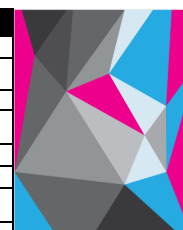


ΚΑΛΟΚΑΙΡΙΝΟ ΠΡΟΓΡΑΜΜΑ ΟΜΑΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ

ΩΡΑ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
8:30	CORE TRAINING (A)	TOTAL BODY (A) PILATES MAT (F)	BODY SHAPE (A)	BODY SCULPT (A) PILATES MAT (F)	ORTHOSOMIA (F) TOTAL BODY (A)		
9:30	PILATES STICK* (F) ZUMBA (A)	ZUMBA (A) AERIAL FITNESS* (F)	PILATES PROPS* (F)	YOGA BASICS LI (F)	PILATES PROPS* (F)	PILATES PROPS* (F)	
10:30	PILATES MAT (F) CROSS TRN* (A)	BODY POWER (A) PILATES STICK* (F)	PILATES MAT (F) CROSS TRN* (A)	ZUMBA TONIC (A) YOGA WORKS LII (F)	HATHA YOGA (F) TAE BOX (A) Power Cycling* (B)	PILATES MAT (F)	
11:30	PILATES PROPS* (F)	PILATES MAT (F) Power Cycling* (B)	PILATES STICK* (F) TOTAL BODY (A)	PILATES PROPS* (F) TRX FAT BURN * (B)	TUMBAO (A) PILATES STICK* (F)	TOTAL BODY (A) PILATES STICK* (F)	
12:30	VINYASA YOGA (F)	YOGA WORKS LI+II (F)	STRETCHING (F)		PSYCHIKO * (A)	STRETCHING (F)	
13:30						CAPOEIRA KIDS* (F)	
15:00	EXPRESS ABS (A)	EXPRESS CARDIO (A)	EXPRESS LEGS (A)	EXPRESS UPPER BODY (A)	EXPRESS CARDIO (A)		
15:30	EXPRESS LEGS (A)	EXPRESS LEGS (A)	EXPRESS CARDIO (A)	EXPRESS ABS (A)	EXPRESS PILATES (A)		
16:00	EXPRESS UPPER BODY (A)	EXPRESS ABS (A)	EXPRESS ABS (A)	EXPRESS LEGS (A)	EXPRESS UPPER BODY (A)		
16:30	EXPRESS PILATES (A)	EXPRESS UPPER BODY (A)	EXPRESS UPPER BODY (A)	EXPRESS STRETCHING (A)	EXPRESS ABS (A)		
16:00			16:30 YOGA WORKS I* (F)				
	BODY & MIND LI (F)		17:45 YOGA WORKS II* (F)				
17:00	YOGA WORKS LII (F) TAE BOX/BODY POWER (A)	PILATES PROPS* (F)	TAE BOX (A)	ORTHOSOMIA (F) SELF-DEFENSE* (B)		PILATES PROPS* (F)	
18:00	PILATES PROPS* (F) TRX STRENGTH * (A)	YOGA FLOW (F) INFINITY WORKOUT (A)	TUMBAO (A) TRX STRENGTH * (B)	CROSS TRN* (A) PILATES STICK* (F)	ZUMBA (A) KRAV MAGA* (B) PILATES PROPS* (F)	CROSS TRN* (A) POLE DANCING LII* (F)	
19:00	TOTAL BODY CONCEPT (A) PILATES STICK* (F) KRAV MAGA* (B)	CAPOEIRA* (F) TUMBAO (A)	KRAV MAGA* (B) POLE DANCING* (F)	PILATES MAT (F) Power Cycling* (B) CORE TRAINING (A)	CROSS TRN* (A) PILATES STICK* (F)	Power Cycling* (B) AERIAL YOGA* (F)	
20:00	TUMBAO (A) PILATES MAT (F) TRX FAT BURN * (B)	ORTHOSOMIA (F) CROSS TRN* (A)	BODY POWER (A) PILATES PROPS* (F)	AERIAL FITNESS* (F) TAE BOX (B) Power Cycling* (B)	TABATA FIT (A) Power Cycling* (B) CAPOEIRA KIDS* (A)		
21:00	BODY POWER/TAE BOX (A) Power Cycling* (B)	BODY POWER (A) VINYASA YOGA (F) Power Cycling* (B)	TAE BOX (A) Power Cycling* (B)	VINYASA YOGA (F) TRX PILATES* (A)	BODY POWER (A) CAPOEIRA* (F) TRX STRENGTH * (B)		
22:00	CAPOEIRA* (A)		CAPOEIRA* (A)				



* Τα προγράμματα με ασπέρικο και τα PLANET KIDS είναι με εέτρα οικονομική συμμετοχή. Στα μαθήματα είναι απαραίτητη η δήλωση συμμετοχής.
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