

ΠΡΟΓΡΑΜΜΑ ΟΜΑΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ

ΩΡΑ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
8:30	CORE TRAINING (A)	TOTAL BODY (A)	L.A.B. WORKOUT (A)	BODY SHAPE (A)	TOTAL BODY (A)		
		PILATES MAT (Γ)	HATHA YOGA (Γ)	PILATES MAT (Γ)			
9:30	PILATES STICK* (Γ)	ZUMBA (A)	PILATES PROPS* (Γ)	YOGA WORKS LI+LII (Γ)	PILATES PROPS* (Γ)	PILATES PROPS* (Γ)	
	ZUMBA (A)	AERIAL * (Γ)			ORTHOSOMIA (A)		
10:30	PILATES MAT (Γ)	BODY POWER (A)	PILATES MAT (Γ)	ZUMBA TONIC (A)	TAE BOX (A)	PILATES MAT (Γ)	
	CROSS TRN* (A)	PILATES STICK* (Γ)	CROSS TRN* (A)	AERIAL * (Γ)	AERIAL * (Γ)	POUNCE * (A)	
11:30	PILATES PROPS* (Γ)	PILATES MAT (Γ)	PILATES STICK* (Γ)	PILATES PROPS* (Γ)	PILATES STICK* (Γ)	TOTAL BODY (A)	
	Power Cycling* (B)	Power Cycling* (B)	TOTAL BODY (A)	TRX FAT BURN * (B)		PILATES STICK* (Γ)	
12:30						ZUMBA kids* (A)	
	VINYASA YOGA (Γ)	YOGA WORKS LI+II (Γ)	STRETCHING (Γ)			STRETCHING (Γ)	
15:00	EXPRESS ABS	EXPRESS CARDIO	EXPRESS LEGS	EXPRESS UPPER BODY	EXPRESS CARDIO		
15:30	EXPRESS LEGS	EXPRESS LEGS	EXPRESS CARDIO	EXPRESS ABS	EXPRESS PILATES		
16:00	EXPRESS UPPER BODY	EXPRESS ABS	EXPRESS ABS	EXPRESS LEGS	EXPRESS UPPER BODY		
16:30	EXPRESS PILATES	EXPRESS UPPER BODY	EXPRESS UPPER BODY	EXPRESS STRETCHING	EXPRESS ABS		
16:00			16:30 YOGA WORKS I* (Γ)				
	BODY & MIND LI (Γ)		17:45 YOGA WORKS II* (Γ)				
17:00	YOGA WORKS LII (Γ)	L.A.B. WORKOUT (A)	TAE BOX (A)	ORTHOSOMIA (Γ)	BODY STEP (A)	PILATES STICK* (Γ)	
	TAE BOX/BODY POWER (A)						
18:00	AERIAL * (Γ)	YOGA FLOW (Γ)	TRX STRENGTH * (B)	CROSS TRN* (A)	ZUMBA (A)	CROSS TRN* (A)	
	Power Cycling* (B)	Power Cycling* (B)		PILATES STICK* (Γ)	KRAV MAGA* (B)		
	TRX STRENGTH * (A)	CAPOEIRA KIDS* (A)		PILATES PROPS* (Γ)	PILATES PROPS* (Γ)		
19:00	TOTAL BODY (A)		KRAV MAGA* (B)	PILATES MAT (Γ)	CROSS TRN* (A)	Power Cycling* (B)	
	PILATES STICK* (Γ)	TUMBA	POLE DANCING* (Γ)	Power Cycling* (B)			
	KRAV MAGA* (B)	ORTHOSOMIA (Γ)	TUMBA (A)	CORE TRAINING (A)	PILATES STICK* (Γ)		AERIAL * (Γ)
20:00	TUMBA (A)		BODY POWER (A)	AERIAL * (Γ)	TABATA FIT (A)	ΩΡΑΡΙΟ: Δευτ.-Παρ. 6.00-01:00πμ., 08:00-22:00, Κυρ. 11:00-20:00	Σαβ.
	PILATES MAT (Γ)	CROSS TRN* (A)	PILATES PROPS* (Γ)	Power Cycling* (B)	Power Cycling* (B)		
	TRX FAT BURN * (B)	AERIAL FITNESS* (Γ)		CAPOEIRA KIDS* (A)			
21:00	TABATA FIT (A)	BODY POWER (A)		VINYASA YOGA (Γ)	BODY POWER (A)	PLANET FITNESS & MORE, Λεωφ. Κηφισίας 338, Ψυχικό, TK. 15451 τηλ. 211 1829953, psychiko@planetfitness.gr	
	PILATES PROPS* (Γ)	VINYASA YOGA (Γ)	TAE BOX (A)	TRX PILATES* (A)	POLE DANCING* (Γ)		
	Power Cycling* (B)	Power Cycling* (B)	Power Cycling* (B)		TRX STRENGTH* (B)		
22:00	CAPOEIRA* (A)		CAPOEIRA* (A)				



* 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 ΠΡΟΕΛΟΓΙΣΜΟ



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