

ΩΡΑ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
8:30	CORE TRAINING (A)	TOTAL BODY (A)		BODY SCULPT (A)	ORTHOSOMIA (Γ)		
	<b>TRX STRENGTH *</b> (B)	PILATES MAT (Γ)	BODY SHAPE (A)	PILATES MAT (Γ)	TOTAL BODY (A)		
9:30	PILATES STICK* (Γ)						
	ZUMBA (A)	ZUMBA (A)	PILATES PROPS* (Γ)	YOGA BASICS LI (Γ)	PILATES PROPS* (Γ)	PILATES PROPS* (Γ)	
10:30	PILATES MAT (Γ)	BODY POWER (A)	PILATES MAT (Γ)	ZUMBA TONIC (A)	HATHA YOGA TAE BOX (A)	PILATES MAT (Γ)	
	<b>CROSS TRN*</b> (A)	PILATES STICK* (Γ)	<b>CROSS TRN*</b> (A)	YOGA WORKS LII (Γ)	<b>Power Cycling*</b> (B)		
11:30	PILATES PROPS* (Γ)	PILATES MAT (Γ)	PILATES STICK* (Γ)	PILATES PROPS* (Γ)	<b>TUMBAO</b> (A)	TOTAL BODY (A)	
	<b>Power Cycling*</b> (B)	<b>Power Cycling*</b> (B)	TOTAL BODY (A)	<b>TRX FAT BURN *</b> (B)	PILATES STICK* (Γ)	PILATES STICK* (Γ)	
12:30	VINYASA YOGA (Γ)	YOGA WORKS LI+II (Γ)	STRETCHING (Γ)		<b>POUND *</b> (A)	STRETCHING (Γ)	
						ZUMBA KIDS* 4-8 (A)	
13:30						ZUMBA KIDS* 8-12 (A)	
						CAPOEIRA KIDS* (Γ)	
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)		
			16:30 YOGA WORKS I* (Γ)				
16:00	BODY & MIND LI (Γ)		17:45 YOGA WORKS II* (Γ)				
17:00	YOGA WORKS LII (Γ)	ANIMAL MOVEMENT (A)	TAE BOX (A)	ORTHOSOMIA (Γ)	BODY STEP (A)	PILATES PROPS* (Γ)	
	TAE BOX/BODY POWER (A)	PILATES PROPS* (Γ)					
18:00	PILATES PROPS* (Γ)	YOGA FLOW (Γ)	<b>TUMBAO</b> (A)	<b>CROSS TRN*</b> (A)	ZUMBA (A)	<b>CROSS TRN*</b> (A)	
		<b>Power Cycling*</b> (B)	<b>TRX STRENGTH *</b> (B)	PILATES STICK* (Γ)	KRAV MAGA* (B)	POLE DANCING LII* (Γ)	
18:30	<b>TRX STRENGTH *</b> (A)	INFINITY WORKOUT (A)	<b>TRX STRENGTH *</b> (A)		PILATES PROPS* (Γ)		
	TOTAL BODY CONCEPT (A)	CAPOEIRA* (Γ)	KRAV MAGA* (B)	PILATES MAT (Γ)	<b>CROSS TRN*</b> (A)		
19:00	PILATES STICK* (Γ)		POLE DANCING* (Γ)	<b>Power Cycling*</b> (B)	PILATES STICK* (Γ)	<b>Power Cycling*</b> (B)	
	KRAV MAGA* (B)	<b>TUMBAO</b> (A)		CORE TRAINING (A)			
20:00	<b>TUMBAO</b> (A)	ORTHOSOMIA (Γ)	BODY POWER (A)	TAE BOX (B)	TABATA FIT (A)		
	PILATES MAT (Γ)			CAPOEIRA* (Γ)	<b>Power Cycling*</b> (B)		
20:30	<b>TRX FAT BURN *</b> (B)	<b>CROSS TRN*</b> (A)	PILATES PROPS* (Γ)	<b>Power Cycling*</b> (B)			
	BODY POWER/TAE BOX (A)	BODY POWER (A)	YING YANG YOGA* (120') (Γ)	VINYASA YOGA (Γ)	BODY POWER (A)		
21:00	YIN YANG YOGA* (Γ)	VINYASA YOGA (Γ)	TAE BOX (A)	<b>TRX PILATES*</b> (A)	CAPOEIRA* (Γ)		
	<b>Power Cycling*</b> (B)	<b>Power Cycling*</b> (B)	<b>Power Cycling*</b> (B)		<b>TRX STRENGTH *</b> (B)		
22:00	CAPOEIRA* (A)		CAPOEIRA* (A)				

Το πρόγραμμα των ομαδικών μπορεί να τροποποιηθεί χωρίς προειδοποίηση

\* Τα προγράμματα με αστερίσκο είναι με συμμετοχή

