

# ΠΡΟΓΡΑΜΜΑ ΟΜΑΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
08:30	PILATES MAT (Γ) ZAMBIDIS CLUB KICK BOXING*	VINYASA YOGA (B) ZAMBIDIS CLUB KICK BOXING*	PILATES MAT (Γ) ZAMBIDIS CLUB KICK BOXING*	TABATA FIT (B) ZAMBIDIS CLUB KICK BOXING*	PILATES MAT (Γ) ZAMBIDIS CLUB KICK BOXING*		
09:30	TABATA FIT (B)	Total Body Concept (B)	BODY POWER (B)	HATHA YOGA (Γ)	CORE TRAINING (B)	TAE BOX / BODY POWER (B)	
	PILATES STICK * (Γ)			PLANET REFORMATION			
10:30	ORTHOSOMIA (Γ)	TUMBAO (B)	NAMAΣTE LI*+LI* (Γ)	TAE BOX (B)	AERIAL * (Γ)	PILATES MAT (Γ)	
	PLANET REFORMATION	TRX FAT BURN *	CROSS TRN*	POWER CYCLING *	POWER CYCLING *	TRX FAT BURN *	
	TRX STRENGTH *	POWER CYCLING *		PLANET AERIAL * (Γ)			
11:30	TUMBAO (B)	PILATES MAT (Γ)	POWER CYCLING *	PILATES PROPS* (Γ)	TUMBAO (B)	TUMBAO (B)	
	POWER CYCLING *		TUMBAO (B)		TRX STRENGTH *	POWER CYCLING *	
	AERIAL * (Γ)					PILATES STICK * (Γ)	
12:00						ZAMBIDIS CLUB KICK BOXING*	
13:00						ZAMBIDIS CLUB KICK BOXING*	
12:30	YOGA FLOW (Γ)	L.A.B (B)	INFINITY WORKOUT (B)	ORTHOSOMIA (Γ)		TUMBAO * Kids (B)	
15:00	EXPRESS ABS (B)	EXPRESS CARDIO (B)	EXPRESS LEGS (B)	EXPRESS CARDIO (B)	EXPRESS ABS (B)		
15:30	EXPRESS LEGS (B)	EXPRESS ABS (B)	EXPRESS TAE BOX (B)	EXPRESS LEGS (B)	EXPRESS UPPER BODY (B)		
16:00	EXPRESS CARDIO (B)	EXPRESS LEGS (B)	EXPRESS ABS (B)	EXPRESS PILATES (Γ)	EXPRESS CARDIO (B)		
16:30	EXPRESS STRETCHING (B)	EXPRESS UPPER BODY (B)	EXPRESS STRETCHING (B)	EXPRESS STRETCHING (Γ)	EXPRESS LEGS (B)		
17:00	PILATES MAT (Γ)	YOGA FLOW (B)	INFINITY WORKOUT (B)	BODY POWER (B)	ORTHOSOMIA (Γ)		
18:00	INFINITY WORKOUT (B)	CORE TRAINING (Γ)	TUMBAO (B)	ZAMBIDIS CLUB	BODY STEP (B)	CROSS TRN*	
	ZAMBIDIS CLUB KICK BOXING KIDS*	ZAMBIDIS CLUB KICK BOXING KIDS*	ZAMBIDIS CLUB KICK BOXING KIDS*	ZAMBIDIS CLUB KICK BOXING KIDS*	ZAMBIDIS CLUB KICK BOXING KIDS*		
	PILATES STICK * (Γ)	PILATES PROPS* (Γ)	PLANET REFORMATION	ORTHOSOMIA (Γ)	TRX STRENGTH *		
19:00	BODY POWER (B)	TABATA FIT (B)	PILATES MAT (Γ)	L.A.B (B)	TABATA FIT (B)	POWER CYCLING *	
	NAMAΣTE LI* (Γ)	PILATES STICK * (Γ)			POWER CYCLING *		
	ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ*	ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ*	ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ*	POWER CYCLING *	ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ*	PILATES STICK * (Γ)	
20:00	TUMBAO (B)	PILATES MAT (Γ)	TAE BOX (B)	TUMBAO (B)	TAE BOX (B)	TUMBAO * masterclass (B)	
	NAMAΣTE LI* (Γ)	TRX FAT BURN *	AERIAL * (Γ)	POWER CYCLING *	AERIAL * (Γ)		
	ZAMBIDIS CLUB KICK BOXING*	ZAMBIDIS CLUB KICK BOXING*	ZAMBIDIS CLUB KICK BOXING*	ZAMBIDIS CLUB KICK BOXING*	ZAMBIDIS CLUB KICK BOXING*		
21:00	POWER CYCLING *	ZAMBIDIS CLUB KICK BOXING*	POWER CYCLING *	ZAMBIDIS CLUB KICK BOXING*	ZAMBIDIS CLUB KICK BOXING*		
	TAE BOX (B)	TUMBAO (B)	VINYASA YOGA (Γ)	PILATES MAT (Γ)	HATHA YOGA (Γ)		
	POWER CYCLING *	POWER CYCLING *	CROSS TRN*	CROSS TRN*	POWER CYCLING *		



ΩΡΑΡΙΟ  
ΔΕΥΤΕΡΑ 7.00 - 24.00  
ΣΑΒΒΑΤΟ 08.00 - 22.00  
ΚΥΡΙΑΚΗ 11.00-20.00

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(B) ΑΙΘΥΣΙΑ : 1ος ΟΡΟΦΟΣ  
(Γ) ΑΙΘΥΣΙΑ : 1ος ΟΡΟΦΟΣ

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