

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 FITNESS REFORMATION PILATES PROPS* (Γ)	PILATES STICK* (Γ)	PLANET FITNESS REFORMATION TRX PILATES*	STRETCHING (Γ)	PILATES PROPS* (Γ)	
10:30	ORTHOSOMIA (Γ) PLANET FITNESS REFORMATION	TUMBAO (B) TRX FAT BURN*	NAMAΣTE LI*+LII* (Γ) POWER CYCLING *	TAE BOX (B) POWER CYCLING *	AERIAL* (Γ) POWER CYCLING *	PILATES MAT (Γ) TRX FAT BURN*	
	TRX STRENGTH*	POWER CYCLING *	POWER CYCLING *	AERIAL* (Γ)	POWER CYCLING *	TRX FAT BURN*	
11:30	TUMBAO (B) POWER CYCLING *	PILATES MAT (Γ)	TUMBAO	PILATES PROPS* (Γ)	TUMBAO (B) TRX STRENGTH*	POWER CYCLING * PILATES STICK* (Γ)	
	AERIAL* (Γ)						
12:00						ZAMBIDIS CLUB KICK BOXING*	
12:30	YOGA FLOW (Γ)	L.A.B (B)	INFINITY WORKOUT (B)	ORTHOSOMIA (Γ)		TUMBAO Kids (B) STRETCHING (Γ)	
13:00						ZAMBIDIS CLUB KICK BOXING*	
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 (Γ)	INFINITY WORKOUT (B)	BODY POWER (B)	ORTHOSOMIA (Γ)		
18:00	INFINITY WORKOUT (B) ZAMBIDIS CLUB KICK BOXING KIDS*	CORE TRAINING (B) ZAMBIDIS CLUB KICK BOXING KIDS*	TUMBAO (B) ZAMBIDIS CLUB KICK BOXING KIDS*	ZAMBIDIS CLUB KICK BOXING KIDS* ZAMBIDIS CLUB KICK BOXING KIDS*	BODY POWER (B) ZAMBIDIS CLUB KICK BOXING KIDS*	CROSS TRN*	
	PILATES STICK* (Γ) TRX STRENGTH*	PILATES PROPS* (Γ)	PLANET FITNESS REFORMATION	ORTHOSOMIA (Γ)	TRX STRENGTH*		
19:00	BODY POWER (B) NAMAΣTE LI* (Γ) ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ*	TABATA FIT (B) PILATES STICK* (Γ) ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ*	PILATES MAT (Γ) POWER CYCLING * ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ*	L.A.B (B) POWER CYCLING * ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ*	TABATA FIT (B) POWER CYCLING * ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ*	POWER CYCLING * AERIAL* (Γ)	
	PLANET FITNESS REFORMATION CROSS TRN*	POWER CYCLING *	TRX FAT BURN*	POWER CYCLING *	PILATES STICK* (Γ)		
20:00	TUMBAO (B) NAMAΣTE LII* (Γ) ZAMBIDIS CLUB KICK BOXING*	PILATES MAT (Γ) TRX FAT BURN*	TAE BOX (B) AERIAL* (Γ) ZAMBIDIS CLUB KICK BOXING*	TUMBAO (B) POWER CYCLING * PILATES PROPS* (Γ) TRX STRENGTH*	TAE BOX (B) AERIAL* (Γ) ZAMBIDIS CLUB KICK BOXING*		
	POWER CYCLING *	ZAMBIDIS CLUB KICK BOXING*	POWER CYCLING *	ZAMBIDIS CLUB KICK BOXING*	ZAMBIDIS CLUB KICK BOXING*		
20:30						TUMBAO masterclass(B)	
21:00	TAE BOX (B) POWER CYCLING *	TUMBAO (B) POWER CYCLING * CROSS TRN*	VINYASA YOGA (Γ) CROSS TRN*	PILATES MAT (Γ)	HATHA YOGA (Γ) POWER CYCLING *	Planet Fitness & More, (B) ΑΙΘΟΥΣΑ : 1ος ΟΡΟΦΟΣ (Γ) ΑΙΘΟΥΣΑ : 1ος ΟΡΟΦΟΣ	



* Τα προγράμματα με αστέρισκο και το PLANET KIDS είναι με έξιτρα οικογενειακή συμμετοχή. Στα μαθήματα είναι απαραίτητη η δήλωση συμμετοχής. ΤΟ ΠΡΟΓΡΑΜΜΑ ΕΝΔΕΧΕΤΑΙ ΝΑ ΤΡΟΠΟΠΟΙΗΘΕΙ ΧΩΡΙΣ ΠΡΟΕΔΟΠΟΙΗΣΗ