

ΠΡΟΓΡΑΜΜΑ ΟΜΑΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ

Sheet1

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	
08:30	PILATES MAT (Γ)	VINYASA YOGA (Γ)	PILATES MAT (Γ)	TABATA FIT (B)	PILATES MAT (Γ)		
09:30	TABATA FIT (B)	PLANET FITNESS ROOM REFORMATION *	BODY POWER (B)	HATHA YOGA (Γ)	CORE TRAINING (B)	TAE BOX/BODY POWER (B)	
	PILATES STICK * (Γ)	BODY POWER (B)		Total Body Concept (B)	STRETCHING (Γ)	PILATES PROPS* (Γ)	
10:30	ORTHOSOMIA (Γ)	TUMBAO (B)	YOGA FLOW (Γ)	POWER CYCLING *		PLANET FITNESS ROOM AERIAL * (Γ)	PILATES MAT (Γ)
	PLANET FITNESS ROOM REFORMATION *	AERIAL * (Γ)	POWER CYCLING *		TRX STRENGTH *		TRX FAT BURN *
		POWER CYCLING *					
11:30	CROSS TRN*	PILATES MAT (Γ)	TUMBAO (B)	PILATES PROPS* (Γ)	TUMBAO (B)	TUMBAO (B)	
	TUMBAO (B)				TRX STRENGTH *	POWER CYCLING *	PILATES STICK * (Γ)
12:30	YOGA FLOW (Γ)	L.A.B (B)	INFINITY WORKOUT (B)	ORTHOSOMIA (Γ)		TUMBAO * KIDS (B)	
13:00						STRETCHING (Γ)	
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 ABS (B)	EXPRESS LEGS (B)	EXPRESS UPPER BODY (B)		
16:00	EXPRESS CARDIO (B)	EXPRESS LEGS (B)	EXPRESS TAE BOX (B)	EXPRESS ABS (B)	EXPRESS CARDIO (B)		
16:30	EXPRESS STRETCHING (B)	EXPRESS UPPER BODY (B)	EXPRESS STRETCHING (B)	EXPRESS STRETCHING (B)	EXPRESS LEGS (B)		
17:00	PILATES MAT (Γ)	PLANET FITNESS ROOM REFORMATION *	INFINITY WORKOUT (B)	BODY POWER (B)	ORTHOSOMIA (Γ)		
18:00	INFINITY WORKOUT (B)	CORE TRAINING (B)	TUMBAO (B)	ORTHOSOMIA (Γ)	TRX PILATES *		
	PILATES STICK * (Γ)				BODY POWER (B)		
	PLANET FITNESS ROOM REFORMATION *				PLANET FITNESS ROOM REFORMATION *		
19:00	BODY POWER (B)	TABATA FIT (B)	PILATES MAT (Γ)	L.A.B (B)	TABATA FIT (B)	POWER CYCLING *	
	PLANET FITNESS ROOM AERIAL * (Γ)	PILATES STICK * (Γ)	POWER CYCLING *	CROSS TRN*	POWER CYCLING *		
	POWER CYCLING *	POWER CYCLING *	TRX FAT BURN *		AERIAL * (Γ)	PLANET FITNESS ROOM AERIAL * (Γ)	
20:00	TUMBAO	PILATES MAT (Γ)	TAE BOX (B)	TUMBAO (B)	TAE BOX (B)	Planet Fitness & More, Anapafseos Av. 26-28, 15235, Athens, GR Tel.: 2130257755 vriilissia@planetfitness.gr	
	NAMAΣTE LI + LIII* (Γ). 20:00 - 21:15		AERIAL * (Γ)	PILATES PROPS* (Γ)	HATHA YOGA (Γ)		
	PLANET FITNESS ROOM REFORMATION *		CROSS TRN*	POWER CYCLING *	TRX STRENGTH *		
21:00	TAE BOX (B)	TUMBAO (B)	VINYASA YOGA (Γ)	PILATES MAT (Γ)	POWER CYCLING *	(B) ΑΙΘΟΥΣΑ : 1ος ΟΡΟΦΟΣ (Γ) ΑΙΘΟΥΣΑ : 1ος ΟΡΟΦΟΣ	
	POWER CYCLING *	POWER CYCLING *	CROSS TRN*	POWER CYCLING *			



* 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 ΠΡΟΕΙΔΟΠΟΙΗΣΗ