

# 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) REFORMATION	CORE TRAINING (B) STRETCHING (Γ)	TAE BOX /BODY POWER (B) PILATES PROPS* (Γ)	
10:30	PILATES STICK* (Γ) ORTHOSOMIA (Γ) REFORMATION	TUMBAO (B) TRX FAT BURN*	NAMAΣTE LI*+LII* (Γ) POWER CYCLING*	TAE BOX (B) POWER CYCLING* AERIAL* (Γ)	AERIAL* (Γ) POWER CYCLING*	PILATES MAT (Γ) TRX FAT BURN*	
11:30	TUMBAO (B) POWER CYCLING* AERIAL* (Γ)	PILATES MAT (Γ)	TUMBAO	PILATES PROPS* (Γ)	TUMBAO (B) TRX STRENGTH*	TUMBAO (B) POWER CYCLING* PILATES STICK* (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* PILATES STICK* (Γ) TRX STRENGTH*	CORE TRAINING (B) ZAMBIDIS CLUB KICK BOXING KIDS* PILATES PROPS* (Γ)	TUMBAO (B) ZAMBIDIS CLUB KICK BOXING KIDS* REFORMATION	ZAMBIDIS CLUB KICK BOXING KIDS* ORTHOSOMIA (Γ)	ZAMBIDIS CLUB KICK BOXING KIDS* TRX STRENGTH*	CROSS TRN*	
19:00	BODY POWER (B) NAMAΣTE LI* (Γ) ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ* REFORMATION CROSS TRN*	TABATA FIT (B) PILATES STICK* (Γ) ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ* POWER CYCLING*	PILATES MAT (Γ) POWER CYCLING* TRX FAT BURN*	L.A.B (B) POWER CYCLING* ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ* PILATES STICK* (Γ)	TABATA FIT (B) POWER CYCLING* ZAMBIDIS CLUB ΠΥΓΜΑΧΙΑ* PILATES STICK* (Γ)	POWER CYCLING* AERIAL* (Γ)	
20:00	TUMBAO (B) NAMAΣTE LI* (Γ) ZAMBIDIS CLUB KICK BOXING* POWER CYCLING*	PILATES MAT (Γ) TRX FAT BURN* ZAMBIDIS CLUB KICK BOXING* KICK BOXING*	TAE BOX (B) AERIAL* (Γ) ZAMBIDIS CLUB KICK BOXING* KICK BOXING*	TUMBAO (B) POWER CYCLING* PILATES PROPS* (Γ) TRX STRENGTH*	TAE BOX (B) AERIAL* (Γ) ZAMBIDIS CLUB KICK BOXING* KICK BOXING*	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*		



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

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

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