

# ΠΡΟΓΡΑΜΜΑ ΟΜΑΔΙΚΩΝ ΜΑΘΗΜΑΤΩΝ

|                 | ΔΕΥΤΕΡΑ                            | ΤΡΙΤΗ                       | ΤΕΤΑΡΤΗ                            | ΠΕΜΠΤΗ                             | ΠΑΡΑΣΚΕΥΗ                   | ΣΑΒΒΑΤΟ                     | ΚΥΡΙΑΚΗ  |
|-----------------|------------------------------------|-----------------------------|------------------------------------|------------------------------------|-----------------------------|-----------------------------|--|
| 07:45           | POWER CYCLING *                    |                             |                                    |                                    |                             |                             |  |
| 08:30           | PILATES MAT (Γ)                    | VINYASA YOGA (Γ)            | PILATES MAT (Γ)                    | TABATA FIT (B)                     | PILATES MAT (Γ)             |                             |  |
| 09:30           | TABATA FIT (B)                     | Total Body Concept (B)      | BODY POWER (B)                     | PLANET PILATES ROOM<br>REFORMATION | TRX <sup>®</sup> STRENGTH * | TAE BOX /BODY POWER (B)     |  |
|                 | PILATES STICK * (Γ)                |                             |                                    | HATHA YOGA (Γ)                     |                             |                             |  |
|                 |                                    | PILATES PROPS* (Γ)          | PILATES STICK * (Γ)                | TRX PILATES *                      | STRETCHING (Γ)              | PILATES PROPS* (Γ)          |  |
| 10:30           | ORTHOSOMIA (Γ)                     | POWER CYCLING *             | CROSS TRN*                         | ORTHOSOMIA (Γ)                     | CORE TRAINING (Γ)           | PILATES MAT (Γ)             |  |
|                 | PLANET PILATES ROOM<br>REFORMATION | TUMBAO (B)                  |                                    | POWER CYCLING *                    | PILATES STICK * (Γ)         | TRX <sup>®</sup> STRENGTH * |  |
|                 | TRX <sup>®</sup> STRENGTH *        |                             | NAMAΣTE LI+LII * (Γ)               |                                    |                             |                             |  |
| 11:30           | TUMBAO (B)                         | PILATES MAT (Γ)             | POWER CYCLING *                    | TAE BOX (B)                        | POWER CYCLING *             | TUMBAO (B)                  |  |
|                 | POWER CYCLING *                    | TRX <sup>®</sup> FAT BURN * | TUMBAO (B)                         | PILATES PROPS* (Γ)                 | TUMBAO (B)<br>GUNNING™      | POWER CYCLING *             |  |
|                 |                                    | L.A.B (B)                   |                                    |                                    |                             |                             |  |
| 12:30           | YOGA FLOW (Γ)                      |                             | INFINITY WORKOUT (B)               | TRX <sup>®</sup> FAT BURN *        |                             | TUMBAO Kids (B)             | 12:00 TUMBAO (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 (Γ)             | EXPRESS UPPER BODY (B)      | EXPRESS STRETCHING (Γ)             | EXPRESS STRETCHING (Γ)             | EXPRESS LEGS (B)            |                             |  |
| 17:00           | PILATES MAT (Γ)                    | STRETCHING (Γ)              | INFINITY WORKOUT (B)               | BODY POWER (B)                     | ORTHOSOMIA (Γ)              | CROSS TRN*                  |  |
|                 | TRX <sup>®</sup> STRENGTH *        |                             | PILATES STICK * (Γ)                | PILATES PROPS* (Γ)                 | TRX <sup>®</sup> FAT BURN * |                             |  |
| 18:00           | INFINITY WORKOUT (B)               | TABATA FIT (B)              | TUMBAO (B)                         | TRX <sup>®</sup> FAT BURN *        | BODY STEP (B)               | PILATES PROPS* (Γ)          |  |
|                 | PILATES STICK * (Γ)                |                             | PLANET PILATES ROOM<br>REFORMATION | ORTHOSOMIA (Γ)                     |                             |                             |  |
|                 | POWER CYCLING *                    |                             | PILATES PROPS* (Γ)                 | TRX <sup>®</sup> FAT BURN *        |                             |                             |  |
| 19:00           | BODY POWER (B)                     | BODY POWER (B)              | POWER CYCLING *                    | PILATES MAT (Γ)                    | ANIMAL MOVEMENT (B)         | POWER CYCLING *             | ΩΡΑΡΙΟ<br>ΔΕΥΤΕΡΑ 7.00 - 24.00<br>ΣΑΒΒΑΤΟ 08.00 - 22.00<br>ΚΥΡΙΑΚΗ 11.00-20.00 |
|                 | CROSS TRN*                         | PILATES STICK * (Γ)         |                                    | L.A.B (B)                          | POWER CYCLING *             |                             |  |
|                 | NAMAΣTE LI * (Γ)                   | GUNNING™                    |                                    | PILATES MAT (Γ)                    |                             |                             |  |
| 20:00           | TUMBAO (B)                         | PILATES MAT (Γ)             | TAE BOX (B)                        | INFINITY WORKOUT (B)               | TAE BOX (B)                 | POWER CYCLING *             | (B) ΑΙΘΟΥΣΑ : 1ος ΟΡΟΦΟΣ<br>(Γ) ΑΙΘΟΥΣΑ : 1ος ΟΡΟΦΟΣ                           |
|                 | GUNNING™                           | POWER CYCLING *             | TRX <sup>®</sup> STRENGTH *        | GUNNING™                           | PILATES STICK * (Γ)         |                             |  |
|                 | NAMAΣTE LII* (Γ)                   | TRX <sup>®</sup> FAT BURN * | PILATES PROPS* (Γ)                 | PILATES STICK * (Γ)                | TRX <sup>®</sup> STRENGTH * |                             |  |
|                 | POWER CYCLING *                    | Cardio Concept (B)          | POWER CYCLING *                    |                                    |                             |                             |  |
| 21:00           | TAE BOX (B)                        | VINYASA YOGA (B)            | HATHA YOGA (Γ)                     | POWER CYCLING *                    | YOGA FLOW (Γ)               |                             |  |
|                 | TRX <sup>®</sup> FAT BURN * (Γ)    | TUMBAO (B)                  | CROSS TRN*                         | TUMBAO (B)                         | POWER CYCLING *             |                             |  |
| POWER CYCLING * | POWER CYCLING *                    | CROSS TRN*                  |                                    | CROSS TRN*                         |                             |                             |  |



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

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