

ΩΡΑ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΚΕΥΗ
09:00	PILATES	YOGA	PILATES	YOGA	PILATES
10:00	-	<b>LES MILLS BODY PUMP</b>	-	<b>LES MILLS BODY PUMP</b>	-
15:00	PILATES	<b>LES MILLS BODY PUMP</b>	PILATES	<b>LES MILLS BODY PUMP</b>	PILATES
17:30	-	ABS(30')	-	ABS(30')	-
18:00	YOGA	<b>LES MILLS BODY PUMP</b>	YOGA	TRX	INTERVAL TRAINING
19:00	<b>LES MILLS BODY PUMP</b>	PILATES	<b>LES MILLS BODY PUMP</b>	PILATES	<b>LES MILLS BODY COMBAT</b>
20:00	TRX	<b>LES MILLS BODY COMBAT</b>	TRX	<b>LES MILLS BODY PUMP</b>	TRX
21:00	-	INTERVAL TRAINING	-	INTERVAL TRAINING	THANK GOD ITS FRIDAY