

ΩΡΑ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ
08:00	BODY BARS	PILATES	CROSS TRAINING /TRX	-	BODY BARS
09:00	PILATES	CORES & LEGS	PILATES	TRX	PILATES
10:00	CROSS TRAINING	TRX	BODY BARS	PILATES	CROSS TRAINING
15:30	PILATES	YOGA	PILATES	AERIAL YOGA	PILATES
17:00	YOGA	CORE & LEGS	TRX	INDOOR CYCLING	FUNCTIONAL
18:00	INDOOR CYCLING	BODY BARS	CORE & LEGS	TRX	INDOOR CYCLING
19:00	PILATES	AERIAL/YOGA	PILATES	YOGA	PILATES
20:00	BODY BARS	TRX	INDOOR CYCLING	BODY BARS	TRX
21:00	CROSS TRAINING	YOGA	CROSS TRAINING	AERIAL YOGA	FUNCTIONAL