

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