

Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή
8:00 Tabata	8:00 Ορθοσωμική	8:00 Cardio/Trx	8:00 Pilates	8:00 Total Body
9:00 Be Fit	9:00 Pilates	9:00 Be strong	9:00 Aerial Pilates	9:00 Trx
16:00 Total Body	16:30 Pilates	16:00 Trx	16:00 Pilates	16:30 Ορθοσωμική
17:30 Pilates	17:30 Trx	17:30 Pilates	17:30 Be strong	17:30 Be strong
18:30 Tabata	18:30 Be Fit	18:30 Bungee	18:30 Trx	18:30 Tabata
19:30 Be Strong	19:30 Zumba	19:30 Be strong	19:30 Aerobic/abs & hips	19:30 Be strong
20:30 Pilates	20:30 Circuit	20:30 Aerial Pilates	20:30 Yoga (Gentle Flow)	