

Εβδομαδιαίο Πρόγραμμα



Ωρα Έναρξης	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
9:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
9:30			Pilates (Μυρσίνη)				
10:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	
11:00				Yoga (Νέλλη)			
12:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	
13:00							
14:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
15:00							
16:00							
17:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	
18:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	
19:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
		Aerial Yoga (Νέλλη)	Yoga (Νέλλη)	Aerial Yoga (Νέλλη)	Pilates		
20:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
	Outdoor Training	Outdoor Training	Outdoor Training	Outdoor Training			
	Pilates (Μυρσίνη)			Pilates (Μυρσίνη)	Pilates		
21:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
	Outdoor Training	Outdoor Training	Outdoor Training	Outdoor Training			
	Pilates (Μυρσίνη)			Pilates (Μυρσίνη)			
22:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		

Προγράμματα	Διάρκεια
Cross Functional	60 λεπτά
Outdoor Training	60 λεπτά
Pilates	60 λεπτά
Yoga (Νέλλη)	60 λεπτά
Aerial Yoga (Νέλλη)	60 λεπτά

Σημειώσεις

Ανάλογα με την συμμετοχή στα προγράμματα Pilates, Yoga και Aerial Yoga θα προστεθούν και άλλες ώρες και τμήματα.