

Εβδομαδιαίο Πρόγραμμα



Ωρα Έναρξης	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
10:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	
11:00						Cross Functional	
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	
			Yoga (indoor)				
19:00	Cross Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor		
		Aerial Yoga		Aerial Yoga			
		Pilates (outdoor)					
20:00	Cross Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor		
	Pilates (indoor)			Pilates (outdoor)			
21:00	Cross Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor		
		Calisthenics		Calisthenics			
22:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		

Προγράμματα	Διάρκεια
Cross Functional	60 λεπτά
Cross Outdoor	60 λεπτά
Pilates (outdoor)	60 λεπτά
Pilates (indoor)	60 λεπτά
Yoga (indoor)	60 λεπτά
Aerial Yoga	60 λεπτά
Calisthenics	60 λεπτά