

# 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							
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 Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor		
	Pilates Reformer	Aerial Yoga	Yoga	Aerial Yoga			
20:00	Cross Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor	Cross Outdoor		
	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer			
21:00	Cross Outdoor	Cross Functional	Cross Functional	Cross Outdoor	Cross Functional		
		Pilates Reformer	Pilates Reformer	Pilates Reformer			
	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 Reformer	60 λεπτά
Yoga	60 λεπτά
Aerial Yoga	60 λεπτά
Calisthenics	60 λεπτά

## Σημειώσεις