

Εβδομαδιαίο Πρόγραμμα



Ωρα Έναρξης	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
8:00		Cross Functional		Cross Functional			
9:00				Pilates Reformer			
10:00	Pilates Reformer	Cross Functional	Pilates Reformer	Cross Functional	Cross Functional	Cross Functional	
11:00		Pilates Reformer					
12:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	
13:00						Cross Functional	
14:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Calisthenics	
15:00							
16:00							
17:00		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		
	Yoga	Aerial Yoga	Yoga	Aerial Yoga	Pilates Mat		
20:00	Cross Functional		Cross Functional				
	Outdoor Cross	Outdoor Cross	Outdoor Cross	Outdoor Cross			
	Pilates Reformer	Pilates Reformer	Pilates Reformer (20:30)	Pilates Reformer	Pilates Reformer		
21:00	Cross Functional		Cross Functional		Cross Functional		
	Pilates Reformer	Pilates Reformer	Pilates Reformer (21:30)	Pilates Reformer	Pilates Reformer		
		Calisthenics		Calisthenics			
22:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
	Pilates Reformer	Pilates Reformer		Pilates Reformer			

Προγράμματα	Διάρκεια
Cross Functional	60 λεπτά
Outdoor Cross	60 λεπτά
Pilates Reformer	60 λεπτά
Pilates Mat	60 λεπτά
Yoga	60 λεπτά
Aerial Yoga	60 λεπτά
Calisthenics	60 λεπτά

Σημειώσεις

