

# Εβδομαδιαίο Πρόγραμμα



Ωρα Έναρξης
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Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
Yoga	Pilates Mat	Yoga	Pilates Mat			
Calisthenics	Cross Functional	Cross Functional	Cross Functional	Calisthenics		
Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		

Προγράμματα	Διάρκεια
Cross Functional	60 λεπτά
Calisthenics	60 λεπτά
Pilates Mat	60 λεπτά
Yoga	60 λεπτά

## Σημειώσεις