

Εβδομαδιαίο Πρόγραμμα



Ωρα Έναρξης	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
9:00							
10:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional		Cross Functional	
11:00	Pilates Reformer		Pilates Reformer			Cross Functional	
12:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional		Cross Functional	
13:00							
14:00							
15:00							
16:00							
17:00							
18:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
		Pilates Reformer		Pilates Reformer			
19:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
	Pilates Reformer	Pilates Reformer		Pilates Reformer			
20:00	Pilates Reformer	Pilates Mat	Yoga	Pilates Mat			
21:00	Calisthenics	Cross Functional	Cross Functional	Cross Functional	Calisthenics		
22:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		

Προγράμματα	Διάρκεια
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Cross Functional	60 ΛΕΠΤΑ
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Calisthenics	60 ΛΕΠΤΑ
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Yoga	60 ΛΕΠΤΑ
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Pilates Mat	60 ΛΕΠΤΑ
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Pilates Reformer	60 ΛΕΠΤΑ
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Παρατηρήσεις: