

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 | | | | | | Cross Functional | |
| 12:00 | 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 | Pilates Reformer | Pilates Reformer | | |
| 20:00 | | | Yoga | | | | |
| | Pilates Reformer | | Pilates Reformer | | Pilates Reformer | | |
| 21:00 | Calisthenics | Cross Functional | Calisthenics | Cross Functional | Cross Functional | | |
| 22:00 | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional | | |

| Προγράμματα | Διάρκεια |
|------------------|----------|
| Cross Functional | 60 λεπτά |
| Calisthenics | 60 λεπτά |
| Yoga | 60 λεπτά |
| Pilates Reformer | 60 λεπτά |

Παρατηρήσεις: