

Εβδομαδιαίο Πρόγραμμα



| Ωρα Έναρξης | Δευτέρα | Τρίτη | Τετάρτη | Πέμπτη | Παρασκευή | Σάββατο | Κυριακή | Πρόγραμμα | Διάρκεια |
|-------------|------------------|------------------|------------------|------------------|------------------|------------------|---------|------------------|----------|
| 8:00 | | Cross Functional | | Cross Functional | | | | | |
| 9:00 | | | | | | | | Cross Functional | 60 λεπτά |
| 10:00 | Cross Functional | Pilates Reformer | Pilates Reformer | Pilates Reformer | Cross Functional | Cross Functional | | | |
| 11:00 | | Cross Functional | Cross Functional | | | | | Calisthenics | 60 λεπτά |
| 12:00 | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional | | Pilates Reformer | 60 λεπτά |
| 13:00 | | | | | | Cross Functional | | | |
| 14:00 | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional | | | Pilates Mat | 60 λεπτά |
| 15:00 | | | | | | | | | |
| 16:00 | | | | | | | | Yoga | 60 λεπτά |
| 17:00 | | Cross Functional | | Cross Functional | | Cross Functional | | | |
| 18:00 | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional | | Aerial Yoga | 60 λεπτά |
| 19:00 | Pilates Reformer | | Pilates Reformer | | Pilates Reformer | | | | |
| | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional | | | | |
| | Yoga | Aerial Yoga | Yoga | Aerial Yoga | Pilates Mat | | | | |
| 20:00 | Cross Functional | | Cross Functional | | Cross Functional | | | | |
| | ABS & Glutes | Pilates Reformer | Pilates Mat | Pilates Reformer | Pilates Reformer | | | | |
| 21:00 | Calisthenics | Cross Functional | Calisthenics | Cross Functional | Cross Functional | | | | |
| | Pilates Reformer | Pilates Reformer | Pilates Reformer | Pilates Reformer | Pilates Reformer | | | | |
| 22:00 | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional | | | | |
| | Pilates Reformer | Pilates Reformer | Pilates Reformer | Pilates Reformer | | | | | |

Παρατηρήσεις: