

# 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	
			Pilates Reformer			Pilates Reformer	
11:00						Cross Functional	
						Pilates Reformer	
12:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional			
13:00							
14:00							
15:00							
16:00							
17:00	Cross Functional		Cross Functional				
18:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional		
		Pilates Reformer	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	Pilates Reformer	Pilates Mat	Yoga	Pilates Reformer	Pilates Reformer		
21:00	Calisthenics	Cross Functional	Calisthenics	Cross Functional	Cross Functional		
	Pilates Reformer						
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: