

Εβδομαδιαίο Πρόγραμμα



Ωρα Έναρξης	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή	Πρόγραμμα	Διάρκεια
8:00	Cross Functional		Cross Functional						
9:00			Pilates Reformer					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		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
	Pilates Reformer		Pilates Reformer		Pilates Reformer	Pilates Reformer			
19:00	Cross Functional	Cross Functional	Cross Functional	Cross Functional	Cross Functional			ABS & Glutes	60 λεπτά
	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: