

# Εβδομαδιαίο Πρόγραμμα



| Ωρα Έναρξης | Δευτέρα          | Τρίτη            | Τετάρτη          | Πέμπτη           | Παρασκευή        | Σάββατο          | Κυριακή | Προγράμματα      | Διάρκεια |
|-------------|------------------|------------------|------------------|------------------|------------------|------------------|---------|------------------|----------|
| 9:00        |                  |                  |                  |                  |                  |                  |         |                  |          |
| 10:00       | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional |         | Cross Functional | 60 λεπτά |
|             |                  | Pilates Reformer | Pilates Reformer |                  |                  | Pilates Reformer |         |                  |          |
| 11:00       |                  |                  |                  |                  |                  | Upper body       |         | Calisthenics     | 60 λεπτά |
|             |                  |                  |                  |                  |                  | Pilates Reformer |         |                  |          |
| 12:00       | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional |                  |         | Yoga             | 60 λεπτά |
| 13:00       |                  |                  |                  |                  |                  |                  |         |                  |          |
| 14:00       |                  |                  |                  |                  |                  |                  |         | Pilates Reformer | 60 λεπτά |
| 15:00       |                  |                  |                  |                  |                  |                  |         |                  |          |
| 16:00       |                  |                  |                  |                  |                  |                  |         | Upper body       | 60 λεπτά |
| 17:00       | Cross Functional |                  | Cross Functional |                  |                  |                  |         |                  |          |
| 18:00       | Cross Functional | Cross Functional | Cross Functional | Cross Functional | Cross Functional |                  |         | Lower body       | 60 λεπτά |
|             |                  | Pilates Reformer | Pilates Reformer | Pilates Reformer |                  |                  |         |                  |          |
| 19:00       | Cross Functional | Cross Functional | Lower body       | 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 |                  |         |                  |          |

Παρατηρήσεις: