

Εβδομαδιαίο Πρόγραμμα



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

Παρατηρήσεις: