

ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
Hatha Yoga 07:00 - 08:00	Reformer Cadillac for all 07:00 - 08:00		Reformer - Cadillac for all 07:00 - 08:00			
Reformer - Cadillac for all 08:00 - 09:00	Reformer - Cadillac 1-2 08:00 - 09:00	Reformer - Cadillac 1-2 08:00 - 09:00	Reformer - Cadillac 1-2 08:00 - 09:00	Prenatal Reformer Pilates 08:00 - 09:00		
Pilates Mat / Reformer - Cadillac 1-2 09:00 - 10:00	Pilates Mat 09:00 - 10:00	Reformer - Cadillac for all 09:00 - 10:00	Reformer - Cadillac 1-2 09:00 - 10:00	Reformer - Cadillac for all 09:00 - 10:00		
Reformer Cadillac for all 10:00 - 11:00	Hatha Yoga 10:00 - 11:00	Pilates Mat 10:00 - 11:00	Pilates Mat 10:00 - 11:00	Reformer - Cadillac 1-2 10:00 - 11:00	Hatha Yoga / Reformer - Cadillac for all 10:00 - 11:00	
Reformer / Cadillac 2-3 11:00 - 12:00	Reformer - Cadillac for all 11:00 - 12:00	Reformer - Cadillac 1-2 11:00 - 12:00	Reformer - Cadillac for all 11:00 - 12:00		Pilates Mat / Reformer - Cadillac 1-2 11:00 - 11:55	
12:00 - 13:00		Prenatal Reformer Pilates 16:00-17:00			Pilates mat / Reformer - Cadillac for all 12:00 - 12:55	
Aerial Kids (6-12) / Reformer Cadillac 1-2 17:00 - 18:00	Kids Yoga (3-6 ετών) / Reformer Cadillac 2-3 17:00 - 18:00	Reformer - Cadillac 2-3 / Aerial Yoga 17:00 - 18:00	Aerial Kids (6-12) / Reformer Cadillac 1-2 17:00 - 18:00		Reformer Cadillac for all 13:00 - 14:00	
Pilates mat/ Reformer Cadillac 1-2 18:00 - 19:00	Hatha Yoga & Stretching/ Reformer/ Cadillac 2-3/ Pilates Mat for 5 18:00 - 19:00	Pilates Mat/ Reformer Cadillac for all/ Pilates Mat for 5 18:00 - 19:00	Pilates Cardio/ Reformer Cadillac 2-3/ Pilates Mat for 5 18:00 - 19:00	Pilates Mat/ Reformer Cadillac 1-2 18:00 - 19:00		
Pilates Mat / Reformer Cadillac for all 19:00 - 20:00	Aerial Pilates / Reformer - Cadillac 1-2 19:00 - 20:00	Pilates Mat / Reformer Cadillac 2-3 / Stretching 19:00 - 20:00	Aerial Sling 1-2 / Reformer Cadillac 1-2 19:00 - 20:00	Pilates Mat / Reformer - Cadillac for all 19:00 - 20:00		
Reformer Cadillac for all 20:00 - 21:00	Aerial Sling 1-2 / Reformer Cadillac 2-3 20:00 - 21:00	Reformer Cadillac for all 20:00 - 21:00	Aerial Pilates / Reformer Cadillac for all 20:00 - 21:00	Reformer Cadillac for all 20.00-21.00		
Dynamic Flow Yoga 20:00 - 21:15		Dynamic Flow Yoga 20:00 - 21:15		Hatha Yoga & Yoga Nidra 20.00-21.30		
Reformer Cadillac for all 21:00 - 22:00	Pilates Mat / Reformer - Cadillac for all 21:00 - 22:00		Pilates Mat / Reformer - Cadillac for all 21:00 - 22:00			
Pilates Mat 21:15 - 22:15		Aerial Sling 2-3 21:15 - 22:15				