

# PILATES

## REFORMER & MAT

### ΠΡΟΓΡΑΜΜΑ

| ΔΕΥΤΕΡΑ                                                                                                  | ΤΡΙΤΗ                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 17:00 REFORMER<br>18:00 REFORMER<br>19:00 REFORMER<br>20:00 REFORMER<br>21:00 REFORMER                   | 09:00 REFORMER<br>10:00 REFORMER<br>11:00 PILATES MAT<br>18:00 REFORMER<br>19:00 REFORMER<br>20:00 REFORMER<br>21:00 REFORMER                   |
| ΤΕΤΑΡΤΗ                                                                                                  | ΠΕΜΠΤΗ                                                                                                                                          |
| 09:30 REFORMER<br>17:00 REFORMER<br>18:00 REFORMER<br>19:00 REFORMER<br>20:00 REFORMER<br>21:00 REFORMER | 09:00 REFORMER<br>10:00 REFORMER<br>11:00 PILATES MAT<br>17:00 REFORMER<br>18:00 REFORMER<br>19:00 REFORMER<br>20:00 REFORMER<br>21:00 REFORMER |
| ΠΑΡΑΣΚΕΥΗ                                                                                                | ΣΑΒΒΑΤΟ                                                                                                                                         |
| 09:30 REFORMER<br>17:00 REFORMER<br>18:00 REFORMER<br>19:00 REFORMER<br>20:00 REFORMER<br>21:00 REFORMER | 11:00 REFORMER<br>12:00 REFORMER                                                                                                                |
|                      |                                                                                                                                                 |