

PILATES REFORMER & MAT

| ΔΕΥΤΕΡΑ | | ΤΡΙΤΗ | | ΤΕΤΑΡΤΗ | | ΠΕΜΠΤΗ | | ΠΑΡΑΣΚΕΥΗ | |
|---------|-----------------------|-------|------------------------------|---------|-----------------------|--------|------------------------------|-----------|-----------------------|
| 8:00 | Reformer (Γεωργία) | 8:00 | Reformer (Ελένη) | 8:00 | Reformer (Γεωργία) | 8:00 | Reformer (Ελένη) | 8:00 | Reformer (Γεωργία) |
| 9:00 | Reformer (Γεωργία) | 9:00 | Reformer (Ελένη) | 9:00 | Reformer (Γεωργία) | 9:00 | Reformer (Ελένη) | 9:00 | Reformer (Γεωργία) |
| 10:00 | Reformer (Γεωργία) | 10:00 | Mat L2 (Ελένη) | 10:00 | Reformer (Γεωργία) | 10:00 | Mat L2 (Ελένη) | 10:00 | Reformer (Γεωργία) |
| 11:00 | Reformer (Γεωργία) | 11:00 | Reformer (Ελένη) | 11:00 | Reformer (Γεωργία) | 11:00 | Reformer (Ελένη) | 11:00 | Reformer (Γεωργία) |
| 12:00 | | 12:00 | Reformer (Ελένη) | 12:00 | | 12:00 | Reformer (Ελένη) | 12:00 | |
| 13:00 | | 13:00 | Mat for longevity (Ελένη) | 13:00 | | 13:00 | Mat for longevity (Ελένη) | 13:00 | |
| 15:00 | Mat L2 (Ελένη) | 15:00 | Reformer (Γεωργία) | 15:00 | Mat L2 (Ελένη) | 15:00 | Reformer (Γεωργία) | 15:00 | Reformer (Ελένη) |
| 16:00 | Reformer (Ελένη) | 16:00 | Reformer (Γεωργία) | 16:00 | Reformer (Ελένη) | 16:00 | Reformer (Γεωργία) | 16:00 | Reformer (Ελένη) |
| 17:00 | Reformer (Ελένη) | 17:00 | Reformer (Γεωργία) | 17:00 | Reformer (Ελένη) | 17:00 | Reformer (Γεωργία) | 17:00 | Reformer (Ελένη) |
| 18:00 | Reformer (Ελένη) | 18:00 | Reformer (Γεωργία) | 18:00 | Reformer (Ελένη) | 18:00 | Reformer (Γεωργία) | 18:00 | Mat L2 (Ελένη) |
| 19:00 | Mat L2 (Ελένη) | 19:00 | Reformer (Γεωργία) | 19:00 | Mat L2 (Ελένη) | 19:00 | Reformer (Γεωργία) | 19:00 | Reformer (Ελένη) |
| 20:00 | Mat L1 (Ελένη) | 20:00 | Reformer (Γεωργία) | 20:00 | Mat L1 (Ελένη) | 20:00 | Reformer (Γεωργία) | 20:00 | Reformer (Ελένη) |

| ΔΕΥΤΕΡΑ | | ΤΡΙΤΗ | | ΤΕΤΑΡΤΗ | | ΠΕΜΠΤΗ | | ΠΑΡΑΣΚΕΥΗ | |
|---------|-----------------------------|-------|-----------------------------|---------|-----------------------------|--------|-----------------------------|-----------|-----------------------------|
| 8:00 | Personal / Semi Personal | 11:00 | Personal / Semi Personal | 8:00 | Personal / Semi Personal | 11:00 | Personal / Semi Personal | 11:00 | Personal / Semi Personal |
| 9:00 | Group | 12:00 | Personal / Semi Personal | 9:00 | Group | 12:00 | Personal / Semi Personal | 12:00 | Personal / Semi Personal |
| 10:30 | Group | 15:30 | Personal / Semi Personal | 10:30 | Group | 15:30 | Personal / Semi Personal | 13:00 | Personal / Semi Personal |
| 15:15 | Group | 16:30 | Personal / Semi Personal | 15:15 | Group | 16:30 | Personal / Semi Personal | 14:00 | Personal / Semi Personal |
| 16:15 | Personal / Semi Personal | 17:30 | Group | 16:15 | Personal / Semi Personal | 17:30 | Group | 15:00 | Personal / Semi Personal |
| 17:15 | Group | 18:30 | Group | 17:15 | Group | 18:30 | Group | 16:00 | Personal / Semi Personal |
| 18:15 | Group | 19:30 | Group | 18:15 | Group | 19:30 | Group | 17:00 | Group |
| 19:15 | Group | / | | 19:15 | Group | / | | / | |



FLOOR BARRE

Τρίτη & Πέμπτη
20:30



DEEP TISSUE MASSAGE

Σάββατο από τις 17:00 έως τις 21:00
Κυριακή κατόπιν συνενόησης