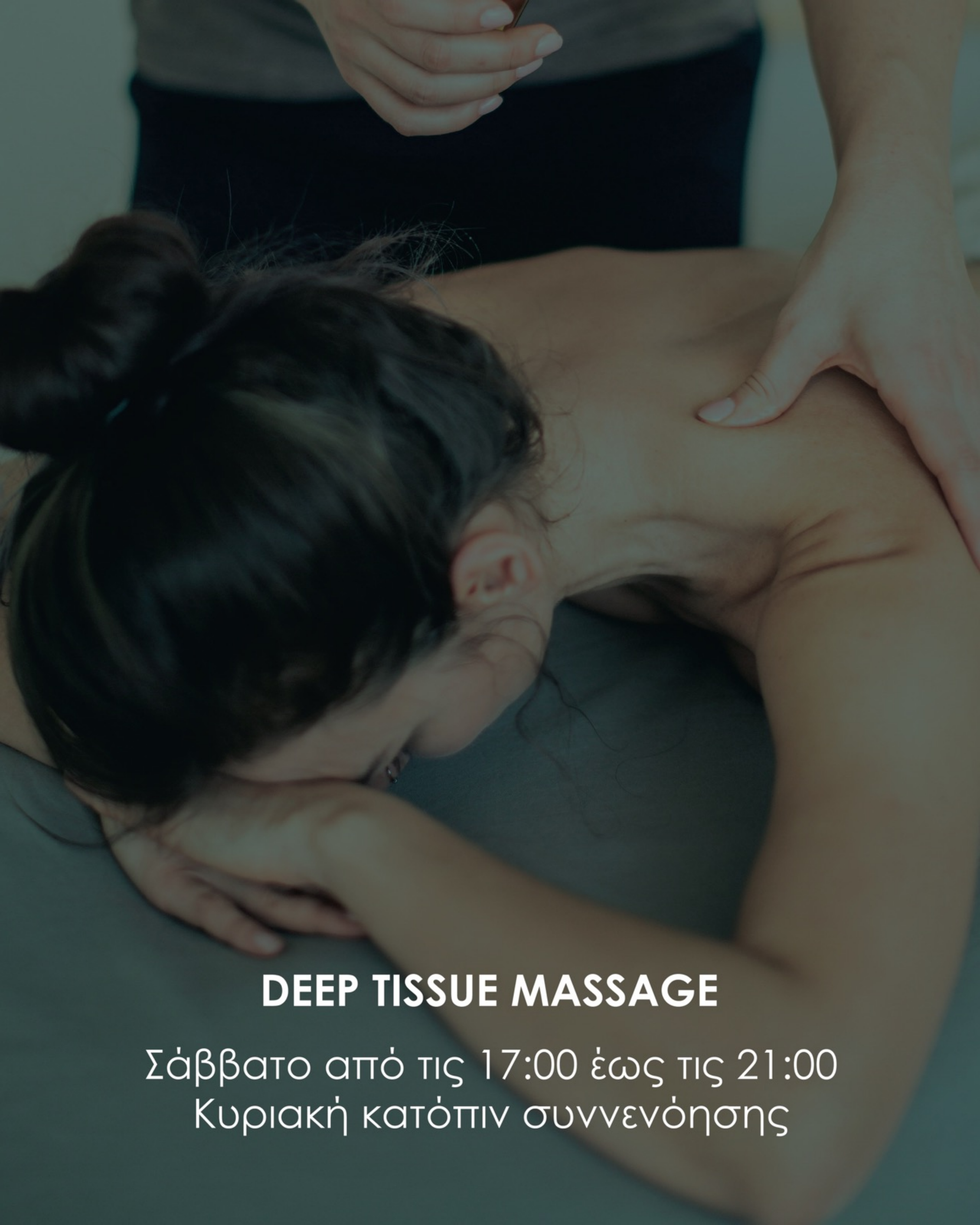


FITNESS

ΔΕΥΤΕΡΑ		ΤΡΙΤΗ		ΤΕΤΑΡΤΗ		ΠΕΜΠΤΗ		ΠΑΡΑΣΚΕΥΗ	
8:00		8:00	Semi Personal	8:00		8:00	Semi Personal	8:00	
9:00		9:15	Group	9:00		9:15	Group	9:00	
14:15	Personal	14:30		14:15	Personal	14:30		14:00	Personal
15:15	Group	15:30	Personal	15:15	Group	15:30	Personal	15:00	Personal
16:15	Personal	16:30	Personal	16:15	Personal	16:30	Personal	16:00	Personal
17:15	Semi Personal	17:30	Group	17:15	Personal	17:30	Group	17:00	Personal
18:15	Group	18:30	Group	18:15	Group	18:30	Group	18:00	Semi Personal
19:15	Semi Personal	19:30	Group	19:15	Semi Personal	19:30	Group	19:00	Group

PILATES REFORMER | MAT | PRENATAL

ΔΕΥΤΕΡΑ		ΤΡΙΤΗ		ΤΕΤΑΡΤΗ		ΠΕΜΠΤΗ		ΠΑΡΑΣΚΕΥΗ	
8:00	Reformer (Γεωργία)	8:00		8:00	Reformer (Γεωργία)	8:00		8:00	Reformer (Γεωργία)
9:00	Reformer (Γεωργία)	9:00		9:00	Reformer (Γεωργία)	9:00		9:00	Reformer (Γεωργία)
10:00	Reformer (Γεωργία)	10:00	Reformer (Ελένη)	10:00	Reformer (Γεωργία)	10:00	Reformer (Ελένη)	10:00	Reformer (Γεωργία)
11:00	Reformer (Γεωργία)	11:00	Mat L1 (Ελένη)	11:00	Reformer (Γεωργία)	11:00	Mat L1 (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		15:00		15:00		15:00		15:00	
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	Mat prenatal (Ελένη)	18:00	Reformer (Γεωργία)	18:00	Mat prenatal (Ελένη)
19:00	Mat L2 (Ελένη)	19:00	Reformer (Γεωργία)	19:00	Mat L2 (Ελένη)	19:00	Reformer (Γεωργία)	19:00	Mat L2 (Ελένη)
20:00	Mat L1 (Ελένη)	20:00	Reformer (Γεωργία)	20:00	Mat L1 (Ελένη)	20:00	Reformer (Γεωργία)	20:00	Mat L1 (Ελένη)

A woman with dark hair tied in a bun is lying on her side on a massage table. A therapist's hands are visible, one resting on her shoulder and another near her head. The background is a plain, light-colored wall.

DEEP TISSUE MASSAGE

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