

ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
Pilates 9:00-10:00	9:00 - 10:00 Total Body Workout	Pilates 9:00-10:00		Total body workout 9.00-10.00		
Karate kids 17:00-18:00	Pilates 18:30-19:30	Karate kids 17:00-18:00	Pilates 18:30-19:30	Karate kids 17:00-18:00		
Karate Begginers 18:00-19:00		Karate Begginers 18:00-19:00		Karate Begginers 18:00-19:00		
Karate juniors 19:00-20:00	Karate juniors 18:30-19:30	Karate juniors 19:00-20:00	Karate juniors 18:30-19:30	Karate juniors 19:00-20:00		
	Karate Elite 19:30-21:00	Total body workout 19.00-20.00	Karate Elite 19:30-21:00			
Karate Mix 20:00-21:00	Karate Mix 19:30-21:00	Karate Mix 20:00-21:00	Karate Mix 19:30-21:00	Karate Mix 20:00-21:00		