



PILATES
BY THE CLUB

6 Days full of
selfcare

ΠΡΩΙΝΕΣ ΩΡΕΣ

1/2

ΔΕΥΤΕΡΑ

09:00 | Pilates Mat (Level 1) & Equipment (Level 2)

10:00 | Pilates Mat (Level 2) & Equipment (Level 1)

ΤΡΙΤΗ

09:00 | Pilates Mat (Level 2)

10:00 | Pilates Mat (Level 1)

ΤΕΤΑΡΤΗ

08:00 | Equipment (Level 2)

09:00 | Pilates Mat (Level 1) & Equipment (Level 1)

10:00 | Pilates Mat (Level 2)

ΠΕΜΠΤΗ

09:00 | Pilates Mat (Level 2)

10:00 | Pilates Mat (Level 1)

ΠΑΡΑΣΚΕΥΗ

ΣΑΒΒΑΤΟ

10:00 | Pilates Mat (Level 1)

11:00 | Equipment (Level 2)

12:00 | Pilates Mat (Level 2)



210 9960919
698 3763781





PILATES
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6 Days full of
selfcare

ΔΕΥΤΕΡΑ

- 17:00 | Pilates Mat (Level 1)
- 18:00 | Pilates Mat (Level 1) & Equipment (Level 1)
- 19:00 | Pilates Mat (Level 2) & Equipment (Level 2)
- 20:00 | Pilates Mat (Level 2) & Equipment (Level 2)
- 21:00 | Equipment (Level 2)

ΤΡΙΤΗ

- 18:00 | Pilates Mat (Level 1) & Equipment (Level 1)
- 19:00 | Pilates Mat (Level 2) & Equipment (Level 2)
- 20:00 | Pilates Mat (Level 2) & Equipment (Level 2)
- 21:00 | Pilates Mat (Level 2) & Equipment (Level 2)

ΤΕΤΑΡΤΗ

- 17:00 | Pilates Mat (Level 1)
- 18:00 | Equipment (Level 1)
- 19:00 | Pilates Mat (Level 2)
- 20:00 | Equipment (Level 2)
- 21:00 | Equipment (Level 2)

ΠΕΜΠΤΗ

- 18:00 | Pilates Mat (Level 1)
- 19:00 | Equipment (Level 2)
- 20:00 | Pilates Mat (Level 2)
- 21:00 | Equipment (Level 2)

ΠΑΡΑΣΚΕΥΗ

- 18:00 | Pilates Mat (Level 1)
- 19:00 | Equipment (Level 2)
- 20:00 | Equipment (Level 2)

ΑΠΟΓΕΥΜΑΤΙΝΕΣ ΩΡΕΣ



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