

ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
Hatha Yoga 7:00 πμ - 8:00 πμ	Reformer Cadillac for all 7:00 πμ - 8:00 πμ		Reformer - Cadillac for all 7:00 πμ - 8:00 πμ	Reformer Cadillac for all 7:00 πμ - 8:00 πμ		
Reformer - Cadillac for all 8:00 πμ - 9:00 πμ	Reformer - Cadillac 1-2 8:00 πμ - 9:00 πμ	Reformer - Cadillac 1-2 8:00 πμ - 9:00 πμ	Reformer - Cadillac 1-2 8:00 πμ - 9:00 πμ	Prenatal Reformer Pilates / Hatha Yoga 8:00 πμ - 9:00 πμ		
Pilates Mat 9:00 πμ - 10:00 πμ	Pilates Mat / Prenatal Reformer Pilates 9:00 πμ - 10:00 πμ	Reformer - Cadillac for all 9:00 πμ - 10:00 πμ	Reformer - Cadillac 1-2 9:00 πμ - 10:00 πμ	Reformer - Cadillac for all / Pilates mat 9:00 πμ - 10:00 πμ		
					Reformer- Cadillac for all 9:30 πμ - 10:30 πμ	
Reformer Cadillac for all 10:00 πμ - 11:00 πμ	Hatha Yoga / Reformer- Cadillac for all 10:00 πμ - 11:00 πμ	Pilates Mat 10:00 πμ - 11:00 πμ	Pilates Mat 10:00 πμ - 11:00 πμ	Reformer - Cadillac 1-2 10:00 πμ - 11:00 πμ		
					Barre à Terre- Stretching 10:30 πμ - 11:30 πμ	
Reformer / Cadillac 1-2 11:00 πμ - 12:00 μμ	Reformer - Cadillac for all 11:00 πμ - 12:00 μμ	Reformer - Cadillac 1-2 11:00 πμ - 12:00 μμ	Reformer - Cadillac for all 11:00 πμ - 12:00 μμ			
					Pilates mat 11:30 πμ - 12:30 μμ	
Reformer- Cadillac for all 12:00 μμ - 1:00 μμ						
					Reformer- Cadillac for all 12:30 μμ - 1:30 μμ	
		Reformer- Cadillac for all 1:00 μμ - 5:00 μμ				
		Prenatal Reformer Pilates 4:00 μμ - 5:00 μμ				
Aerial Kids (6-12) / Reformer Cadillac 1-2 5:00 μμ - 6:00 μμ	Aerial Kids (6-12 ετών) 5:00 μμ - 6:00 μμ	Reformer - Cadillac 2-3 / Aerial Yoga 5:00 μμ - 6:00 μμ	Aerial Kids (6-12) / Reformer Cadillac 1-2 5:00 μμ - 6:00 μμ			
				Aerial Yoga 6:00 μμ - 6:00 μμ		
Pilates mat/ Reformer Cadillac 1-2 6:00 μμ - 7:00 μμ	Hatha Yoga & Stretching/ Reformer/ Cadillac 2-3 6:00 μμ - 7:00 μμ	Pilates Mat/ Reformer Cadillac for all 6:00 μμ - 7:00 μμ	Aerial Sling 1/ Reformer Cadillac 2-3 6:00 μμ - 7:00 μμ	Pilates Mat/ Reformer Cadillac 1-2 6:00 μμ - 7:00 μμ		
Pilates Mat / Reformer Cadillac for all 7:00 μμ - 8:00 μμ	Aerial Pilates / Reformer - Cadillac 1-2 7:00 μμ - 8:00 μμ	Pilates Mat / Reformer Cadillac 2-3 7:00 μμ - 8:00 μμ	Aerial Pilates / Reformer Cadillac 1-2 7:00 μμ - 8:00 μμ	Pilates Mat / Reformer - Cadillac for all 7:00 μμ - 8:00 μμ		
Reformer Cadillac for all 8:00 μμ - 9:00 μμ	Aerial Sling 2 8:00 μμ - 9:00 μμ	Prenatal Yoga 8:00 μμ - 9:00 μμ	Aerial Sling 2-3 / Reformer Cadillac for all 8:00 μμ - 9:00 μμ	Reformer Cadillac for all 8:00 μμ - 9:00 μμ		
Dynamic Flow Yoga 8:00 μμ - 9:15 μμ		Dynamic Flow Yoga 8:00 μμ - 9:15 μμ				
				Hatha Yoga & Yoga Nidra 8:00 μμ - 9:30 μμ		
Reformer Cadillac for all 9:00 μμ - 10:00 μμ	Pilates Mat / Reformer - Cadillac for all 9:00 μμ - 10:00 μμ		Pilates Mat / Reformer - Cadillac for all 9:00 μμ - 10:00 μμ			
Pilates Mat 9:15 μμ - 10:15 μμ		Aerial Sling 2-3 9:15 μμ - 10:15 μμ				