

<u>ΔΕΥΤΕΡΑ</u>	<u>ΤΡΙΤΗ</u>	<u>ΤΕΤΑΡΤΗ</u>	<u>ΠΕΜΠΤΗ</u>	<u>ΠΑΡΑΣΚΕΥΗ</u>	<u>ΣΑΒΒΑΤΟ</u>
08:30-09:30 PILATES EQ (6)	08:30-09:15 FAT BURNING	08:30-09:30 PILATES EQ (6)	08:30-09:15 CROSS TRAINING	08:30-09:30 PILATES EQ (6)	
09:00 - 10:00 SMALL GROUP TRAINING	08:30-09:30 HATHA YOGA	08:30-09:15 SMALL GROUP	08:30-09:30 HATHA YOGA	9:00-10:00 CROSS TRAINING	10:00 - 11:00
09:30-10:30 STRENGTH IN MAT	09:30-10.00 Beyond Legs	09:30-10:30 STRENGTH IN MAT	09:30-10.00 Beyond ABS	09:30-10:30 STRENGTH IN MAT	HATHA YOGA
10:00-11:00 CROSS TRAINING	10:00-11:00 BEYOND TRX 30	10:00-11:00 CROSS TRAINING	10:00-11:00 SMALL GROUP TRAINING	10:00-11:00 TOTAL BODY	11.00-11.30 BEYOND TRX 30
10:30-11:30 PILATES EQ (6)	11:00 - 12:00 SPINNING	11:00 - 12:00 MORNING FLOW YOGA	11.00-11.30 BEYOND TRX 30	11.00-11.30 BEYOND TRX 30	12:00-13:00 CROSS TRAINING
11:00 - 12:00 MORNING FLOW YOGA	11.00-12.00 SEMI PERSONAL	10:30-11:30 PILATES EQ (6)	12:00-13:00 CROSS TRAINING	11:00 - 12:00 VINYASA II	12:00-13:00 SPINNING
11.00-12.00 TOTAL BODY STRENGTH	12:00-13:00 CROSS TRAINING	11.00-12.00 SMALL GROUP TRAINING		11:00-12:00 PILATES EQ (4)	13.00-14.00 FAT BURN
11:30-12:30 PILATES EQ (4)		11:30-12:30 PILATES EQ (4)		11.00-12.00 CROSS TRAINING	
				12:00-13:00 PILATES EQ (4)	
17:30 - 18:30 TRX BASIC	17:30 - 18:30 HIIT FUNCTIONAL	17:30 - 18:30 TRX BASIC	17:30- 18:30 PILATES EQUIPMENT	17:30 - 18:30 FUNCTIONAL HIIT	
18:30 - 19:30 FAT BURNING	17:30- 18:30 PILATES EQUIPMENT	18:30-19:30 HIIT CONDITIONING	17:30 - 18:30 FAT BURNING	18:30 - 19:30 HIIT CONDITIONING	
19:30 - 20:00 HIIT CONDITIONING	18:30-19:30 FAT BURNING	18:30 - 19:30 PILATES EQUIPMENT	18:30-19:30 CROSS TRAINING	19:30 - 20:30 FAT BURNING	
19:00 - 20:00 SPINNING	18:30 - 19:30 PILATES EQUIPMENT	19:00 - 20:00 SPINNING	18:30 - 19:30 PILATES EQUIPMENT	20:00-21:30 YOGA WORKSHOP	
19:30-20:30 PILATES EQUIPMENT	19:30 - 20:30 STRENGTH TRAINING	19:30 - 20:00 FAT BURNING	19:00 - 20:00 SPINNING	20:30-21:00 BEYOND LEGS & ABS	
20:00-21:00 VINYASA YOGA	19:30 - 20:30 PILATES EQUIPMENT	19:30-20:30 PILATES EQUIPMENT	19:30 - 20:30 STRENGTH TRAINING		

20:00-21:00 CROSS TRAINING	20:30-21:30 CROSS TRAINING	20:00-21:00 VINYASA YOGA	19:30-20:30 PILATES EQUIPMENT
20:00 - 21:00 SPINNING	20:30 - 21:30 PILATES MAT	20:00-21:00 CROSS TRAINING	20:30-21:30 TRX GROUP
20:30 - 21:30 PILATES EQUIPMENT		20:00 - 21:00 SPINNING	20:00 - 21:00 SPINNING
21:00-22:00 AERIAL YOGA		20:30 - 21:30 PILATES EQUIPMENT	20:30 - 21:30 PILATES MAT
21:00-21:30 BEYOND LEGS		21:00-22:00 AERIAL YOGA	
		21:00-21:30 BEYOND ABS	

FITNESS AREA
PILATES STUDIO
YOGA STUDIO
SPINNING AREA
PRIVATE TRAINING UPON REQUEST



BEYOND