

ΔΕΥΤΕΡΑ ΤΡΙΤΗ ΤΕΤΑΡΤΗ ΠΕΜΠΤΗ ΠΑΡΑΣΚΕΥΗ ΣΑΒΒΑΤΟ

08:30-09:30 PILATES EQ (6)	08:00 - 09:00 CROSS TRAINING	08:30-09:30 PILATES EQ (6)	08:00 - 09:00 CROSS TRAINING	08:30-09:30 PILATES EQ (6)	
09:00-10:00 CROSS TRAINING	09:00-10:00 CROSS TRAINING	09:00-10:00 CROSS TRAINING	09:00-10:00 CROSS TRAINING	09:00-10:00 CROSS TRAINING	
09:30-10:30 BODYWEIGHT TRAINING		09:30-10:30 BODYWEIGHT TRAINING		09:30-10:30 BODYWEIGHT TRAINING	
10:30-11:30 CROSS TRAINING	11:00-12:00 CROSS TRAINING	10:30-11:30 CROSS TRAINING	11:00-12:00 CROSS TRAINING	10:30-11:30 CROSS TRAINING	11:00-12:00 SPINNING
11:30-12:30 CROSS TRAINING	11:00-12:00 VINYASA YOGA	11:30-12:30 CROSS TRAINING		11:30-12:30 CROSS TRAINING	11:00-12:00 TRX GROUP 60'
					12:00-13:00 CROSS TRAINING
					12:00-13:00 SPINNING
17:30 - 18:30 FUNCTIONAL HIIT	17:30 - 18:30 FUNCTIONAL HIIT	17:30 - 18:30 FUNCTIONAL HIIT	17:30 - 18:30 FUNCTIONAL HIIT		13:00-14:00 FAT BURNING
18:30 - 19:30 FAT BURNING	17:30- 18:30 HIIT CONDITIONING	18:30-19:30 HIIT CONDITIONING	17:30- 18:30 PILATES EQ -PERSONAL	18:00-19:00 TRX GROUP 60'	13:00-14:00 VINYASA YOGA
19:00 - 20:00 SPINNING	18:30-19:30 FAT BURNING	19:00 - 20:00 SPINNING	18:30-19:30 CROSS TRAINING	19:00 - 20:00 CROSS TRAINING	
19:00-20:00 PILATES EQUIPMENT	18:30-19:30 BODYWEIGHT TRAINING	19:00-20:00 PILATES EQUIPMENT	18:30-19:30 BODYWEIGHT TRAINING		
19:30 - 20:00 HIIT 30'	19:30 - 20:30 STRENGTH TRAINING LVL 2	19:30 - 20:00 HIIT 30'	19:30 - 20:30 STRENGTH TRAINING LVL 3	20:00 - 21:00 STRENGTH & CONDITIONING	
20:00-21:00 CROSS TRAINING	19:30 - 20:30 PILATES EQUIPMENT	20:00-21:00 CROSS TRAINING	19:30-20:30 PILATES EQUIPMENT	21:00-21:30 LEGS & ABS 30'	
20:00 - 21:00 SPINNING	20:30-21:30 CROSS TRAINING	20:00 - 21:00 SPINNING	20:30-21:30 CROSS TRAINING		
20:00 - 21:00 PILATES EQ -PERSONAL	20:30 - 21:30 PILATES EQ -PERSONAL	20:00 - 21:00 PILATES EQ -PERSONAL	20:30 - 21:30 PILATES EQ -PERSONAL		
21:00-21:30 BEYOND LEGS	21:00-21:30 BEYOND ABS	21:00-21:30 BEYOND ABS	21:00-21:30 PILATES MAT		
21:00-22:00 VINYASA YOGA	21:00-22:00 VINYASA YOGA	21:00-22:00 VINYASA YOGA			



BEYOND