



	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
7.30 – 8.30		Pilates όγωνα		Pilates όγωνα Morning Yoga (7.15)	Pilates όγωνα	
8.00 – 9.00						Pilates όγωνα
8.30 – 9.30	Pilates όγωνα	Pilates όγωνα Pilates Mat	Pilates όγωνα	Pilates όγωνα Pilates Mat	Pilates όγωνα	
9.00 – 10.00						Pilates Mat (upper intermediate)
9.30 – 10.30	Pilates όγωνα	Pilates όγωνα		Pilates όγωνα	Pilates όγωνα	Pilates όγωνα
10.00 – 11.00						Aerial teens/Adults
10.30 – 11.30	Pilates όγωνα	Pilates όγωνα		Pilates όγωνα		Pilates όγωνα
11.00 -12.00			Pilates όγωνα			
11.30 -12.30	Pilates mat 60+	Pilates Mat (beginners)		Pilates mat 60+		
12.00 -13.00			Pilates όγωνα			
16.00 – 17.00				Aerial Kids (16.30)		
17.00 – 18.00	Pilates όγωνα	Aerial Kids	Pilates όγωνα	Pilates όγωνα		
18.00 – 19.00	Pilates όγωνα	Pilates όγωνα Aerial Teens	Aerial Teens	Pilates όγωνα	Pilates όγωνα	
19.00 – 20.00	Pilates όγωνα	Pilates όγωνα Aerial Adults	Pilates όγωνα Vinyasa Flow Yoga	Pilates όγωνα Aerial Adults (19.30)	Pilates όγωνα	
20.00 – 21.00	Pilates όγωνα	Pilates όγωνα	Pilates όγωνα	Pilates όγωνα	Pilates Mat	
21.00 – 22.00		Pilates Mat (inter.)	Pilates Mat (adv.)	Pilates Mat (inter.)		