

ΣΕΠΤΕΜΒΡΙΟΣ 2023 / ΙΟΥΛΙΟΣ 2024

	ΔΕΥΤΕΡΑ		ΤΡΙΤΗ		ΤΕΤΑΡΤΗ		ΠΕΜΠΤΗ		ΠΑΡΑΣΚΕΥΗ		ΣΑΒΒΑΤΟ
9:00	PILATES EQUIPMENT	9:00	TRX TRAINING	9:00	PILATES EQUIPMENT	9:00	TRX TRAINING	9:00	PILATES EQUIPMENT	9:00	BOSU TRAINING
10:00	HIPS & ABS	10:00	PILATES EQUIPMENT	10:00	CROSS TRAINING	10:00	PILATES EQUIPMENT	10:00	CROSS TRAINING	10:00	PILATES MAT
11:00	PILATES MAT	11:00	CROSS TRAINING	11:00	PILATES MAT	11:00	CROSS TRAINING	11:00	PILATES MAT	11:00	TRX
12:00	TRX TRAINING	12:00	PILATES MAT	12:00	BOSU TRAINING	12:00	PILATES MAT	12:00	TRX TRAINING	12:00	PILATES EQUIPMENT
13:00	PILATES EQUIPMENT	13:00	HIPS & ABS	13:00	PILATES EQUIPMENT	13:00	HIPS & ABS	13:00	PILATES EQUIPMENT	13:00	HIPS & ABS
14:00	BOSU TRAINING	14:00	PILATES EQUIPMENT	14:00	TRX TRAINING	14:00	PILATES EQUIPMENT	14:00	BOSU TRAINING		
15:00	PILATES MAT	15:00	BOSU TRAINING	15:00	PILATES MAT	15:00	BOSU TRAINING	15:00	PILATES MAT		
16:00	TRX TRAINING	16:00	TRX TRAINING	16:00	HIPS & ABS	16:00	PILATES EQUIPMENT	16:00	HIPS & ABS		
16:00	PILATES EQUIPMENT	16:00	PILATES MAT	16:00	PILATES EQUIPMENT	16:00	TRX TRAINING	16:00	PILATES EQUIPMENT		
17:00	PILATES MAT	17:00	PILATES EQUIPMENT	17:00	PILATES MAT	17:00	PILATES MAT	17:00	PILATES MAT		
17:00	HIPS & ABS	17:00	HIPS & ABS	17:00	TRX TRAINING	17:00	HIPS & ABS	17:00	PILATES EQUIPMENT		
18:00	PILATES EQUIPMENT	18:00	PILATES MAT	18:00	BOSU TRAINING	18:00	PILATES MAT	18:00	BOSU TRAINING		
18:00	BOSU TRAINING	18:00	TRX TRAINING	18:00	PILATES EQUIPMENT	18:00	BOSU TRAINING	18:00	PILATES MAT		
19:00	PILATES MAT	19:00	CROSS TRAINING	19:00	PILATES MAT	19:00	PILATES EQUIPMENT	19:00	PILATES EQUIPMENT		
19:00	HIPS & ABS	19:00	PILATES EQUIPMENT	19:00	TRX TRAINING	19:00	HIPS & ABS	19:00	HIPS & ABS		
20:00	TRX TRAINING			20:00	CROSS TRAINING			20:00	PILATES EQUIPMENT		
20:00	PILATES MAT	20:00	HIPS & ABS	20:00	PILATES MAT	20:00	PILATES MAT	20:00	PILATES MAT		
20:00	PILATES EQUIPMENT	20:00	PILATES MAT	20:00	PILATES EQUIPMENT	20:00	PILATES EQUIPMENT	20:00	TRX TRAINING		
21:00	CROSS TRAINING			21:00	TRX TRAINING			21:00	CROSS TRAINING		
21:00	PILATES MAT	21:00	PILATES MAT	21:00	PILATES MAT	21:00	BOSU TRAINING				
21:00	PILATES EQUIPMENT	21:00	PILATES EQUIPMENT	21:00	PILATES EQUIPMENT	21:00	PILATES EQUIPMENT				

- ΟΙ ΑΣΚΟΥΜΕΝΟΙ ΘΑ ΠΡΕΠΕΙ ΝΑ ΕΧΟΥΝ ΆΛΛΟ ΖΕΥΓΑΡΙ ΠΑΠΟΥΤΣΙΑ ΓΙΑ ΤΙΣ ΠΡΟΠΟΝΗΣΕΙΣ

ΤΟΥΣ ΚΑΙ ΌΧΙ ΑΥΤΑ ΠΟΥ ΕΡΧΟΝΤΑΙ ΓΙΑ ΛΟΓΟΥΣ ΥΓΙΕΙΝΗΣ

- ΘΑ ΠΡΕΠΕΙ ΝΑ ΕΧΟΥΝ ΜΑΖΙ ΤΟΥΣ ΠΕΤΣΕΤΑ

- Η ΘΕΣΗ ΚΛΕΙΝΕΤΑΙ ΜΟΝΟ ΜΕ ΡΑΝΤΕΒΟΥ ΤΑ ΤΜΗΜΑΤΑ ΔΕΝ ΞΕΠΕΡΝΟΥΝ ΤΑ 6 ΑΤΟΜΑ

ΠΑΡΑΚΑΛΟΥΝΤΑΙ ΟΙ ΑΣΚΟΥΜΕΝΟΙ ΝΑ ΤΗΡΗΣΟΥΝ ΤΟ ΩΡΑΡΙΟ ΛΕΙΤΟΥΡΓΙΑΣ ΤΩΝ ΤΜΗΜΑΤΩΝ

ΣΕ ΠΙΘΑΝΗ ΚΑΘΥΣΤΕΡΗΣΗ ΚΑΛΟ ΕΙΝΑΙ ΝΑ ΜΗΝ ΠΡΟΣΕΡΧΟΝΤΑΙ ΣΤΟ ΜΑΘΗΜΑ

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