





STUDIO 1

	MONDAY ΔΕΥΤΕΡΑ	TUESDAY ΤΡΙΤΗ	WEDNESDAY ΤΕΤΑΡΤΗ	THURSDAY ΠΕΜΠΤΗ	FRIDAY ΠΑΡΑΣΚΕΥΗ
08:30 09:20	PILATES MAT STOURAITI MARIA	VINYASA YOGA SOKOU NIKI	VINYASA YOGA SAKELARIOU NIKI	CORE STOURAITI MARIA	
09:30 10:20	VINYASA YOGA SAKELARIOU NIKI	TOTAL BODY PIPERIS LABROS	PILATES MAT STOURAITI MARIA	STEP CHOREO MAX PIPERIS LABROS	PILATES MAT PAPAGEORGIU CHRISTOS
10:30 11:20	CORE LIALIOS ALEXANDROS	CARDIO CHOREO PIPERIS LABROS	FULL BODY LIALIOS ALEXANDROS	TOTAL BODY PIPERIS LABROS	TOTAL BODY PAPAGEORGIU CHRISTOS
17:00 17:50	TOTAL BODY KEFALAS GIORGOS FROM 18/09	FAT BURNING PAPADOPOULOS CHRISTOS FROM 12/09"	PILATES MAT LAGOUVARDOU LYDIA	FAT BURNING PAPAGEORGIU CHRISTOS	ASHTANGA YOGA TARIFAS SPYROS
18:00 18:50	PILATES MAT STOURAITI MARIA	CROSS TRAINING BENEKIS GIANNIS	TOTAL BODY KEFALAS GIORGOS FROM 20/09	PILATES MAT PAPAGEORGIU CHRISTOS	FAT BURNING PAPADOPOULOS CHRISTOS FROM 15/09
19:00 19:50	FAT BURNING TILIOU ILIANNA	TOTAL BODY BENEKIS GIANNIS	CROSS TRAINING BOURBAKIS STEFANOS	FULL BODY BOURBAKIS STEFANOS	CROSS TRAINING TROMPETAS GIORGOS
20:00 20:50	CROSS TRAINING TILIOU ILIANNA	CORE LIALIOS ALEXANDROS	ZUMBA LYGKOPOULOS APOSTOLIS	VINYASA YOGA SOKOU NIKI	ZUMBA NOUSIA LYDIA
21:00 21:50	VINYASA YOGA SAKELARIOU NIKI	CARDIO LIALIOS ALEXANDROS	TOTAL BODY LYGKOPOULOS APOSTOLIS		

SPINNING

	MONDAY ΔΕΥΤΕΡΑ	TUESDAY ΤΡΙΤΗ	WEDNESDAY ΤΕΤΑΡΤΗ	THURSDAY ΠΕΜΠΤΗ	FRIDAY ΠΑΡΑΣΚΕΥΗ
09:30 10:20		<p>SPINNING ANTONIOU CHRISTOS</p> 		<p>SPINNING ANTONIOU CHRISTOS</p> 	
18:00 18:50	<p>SPINNING SAITAKIS ANDREAS</p> 				
18:30 19:20					<p>SPINNING SAITAKIS ANDREAS</p> 
19:30 20:20			<p>SPINNING NINOS PINDAROS</p> 