



ΓΛΥΦΑΔΑ / GLYFADA
STUDIO 1

2024



	MONDAY ΔΕΥΤΕΡΑ	TUESDAY ΤΡΙΤΗ	WEDNESDAY ΤΕΤΑΡΤΗ	THURSDAY ΠΕΜΠΤΗ	FRIDAY ΠΑΡΑΣΚΕΥΗ
7:30 8:20	CORE MARIA STOURAITI	PILATES MAT MARIA STOURAITI	CORE GIANNIS MILONAS	PILATES MAT MARIA STOURAITI	
8:30 9:20	PILATES MAT MARIA STOURAITI	YOGA NIKI SAKELLARIOU	TOTAL BODY MARIA STOURAITI	YOGA NIKI SAKELLARIOU	FULL BODY CHRISTOS PAPAGEORGIU
9:30 10:20	YOGA NIKI SAKELLARIOU	TOTAL BODY LAMPROS PIPERIS	PILATES MAT MARIA STOURAITI	TOTAL BODY LAMPROS PIPERIS	PILATES MAT CHRISTOS PAPAGEORGIU
10:30 11:20	STEP CHOREO MAX ALEXANDROS LIALIOS	CARDIO CHOREO LAMPROS PIPERIS	FULL BODY ALEXANDROS LIALIOS	STEP CHOREO LAMPROS PIPERIS	TOTAL BODY CHRISTOS PAPAGEORGIU
11:30 12:20	CROSS TRAINING ALEXANDROS LIALIOS				
17:00 17:50	TOTAL BODY GIORGOS KEFALAS	CROSS TRAINING NIKOS STRATOPOULOS	CROSS TRAINING NIKOS STRATOPOULOS	FAT BURNING CHRISTOS PAPAGEORGIU	YOGA NIKI SOKOU
18:00 18:50	PILATES MAT MARIA STOURAITI	PILATES MAT MARIA STOURAITI	TOTAL BODY GIORGOS KEFALAS	PILATES MAT CHRISTOS PAPAGEORGIU	TOTAL BODY CHRISTOS PAPADOPOULOS
19:00 19:50	FAT BURNING ILIANNA TILIOU	YOGA NIKI SOKOU	ZUMBA APOSTOLIS LYGKOPOULOS	ULTIMATE AVGERINOS TSIKNAKIS	PILATES MAT LYDIA NOUSIA
20:00 20:50	CROSS TRAINING ILIANNA TILIOU	CARDIO 4 ALL ALEXANDROS LIALIOS	TOTAL BODY APOSTOLIS LYGKOPOULOS	YOGA THODORIS FAMELIS	
21:00 21:50		CORE ALEXANDROS LIALIOS			