

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ
8:30	Reformer/ Shape Up	Shape Up	Reformer/ Shape Up	Mat Pilates	Reformer/ Shape Up
9:30	TRX	Reformer	Functional	Reformer	Body Bars
15:30					
17:30	Mat Pilates	Reformer/ Crosstraining	Spinning	Reformer/ Crosstraining	Reformer
18:30	Shape up	Mat Pilates	Shape Up	Mat Pilates	Shape Up
19:30	3D Functional	Crosstraining	TRX	Crosstraining	Spinning
20:30	Reformer/ Spinning	Shape Up/ Reformer	Reformer	Shape Up/ Reformer	