

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