







STUDIO 1

	MONDAY ΔΕΥΤΕΡΑ	TUESDAY ΤΡΙΤΗ	WEDNESDAY ΤΕΤΑΡΤΗ	THURSDAY ΠΕΜΠΤΗ	FRIDAY ΠΑΡΑΣΚΕΥΗ
07:30 08:20		PILATES MAT STOURAITI MARIA		PILATES MAT STOURAITI MARIA	CROSS TRAINING TRIANTAFYLLOU KONSTANTINOS
08:30 09:20	FULL BODY PIPERIS LABROS	VINYASA YOGA SOKOU NIKI	PILATES MAT TRIANTAFYLLOU KONSTANTINOS	VINYASA YOGA SAKELARIOU NIKI	CORE MOBILITY TRIANTAFYLLOU KONSTANTINOS
09:30 10:20	PILATES MAT STOURAITI MARIA	TOTAL BODY KERASIoTIS VAGGELIS	TOTAL BODY TRIANTAFYLLOU KONSTANTINOS	TOTAL BODY KERASIoTIS VAGGELIS	PILATES MAT PAPAGEORGIU CHRISTOS
10:30 11:20	CORE LIALIOS ALEXANDROS	CARDIO CHOREO PIPERIS LABROS	CARDIO CHOREO LIALIOS ALEXANDROS	STEP CHOREO MAX PIPERIS LABROS	TOTAL BODY PAPAGEORGIU CHRISTOS
11:30 12:20	STEP CHOREO MAX LIALIOS ALEXANDROS	CROSS TRAINING PIPERIS LABROS	CROSS TRAINING LIALIOS ALEXANDROS	CROSS TRAINING PIPERIS LABROS	
17:00 17:50	TOTAL BODY KEFALAS GIORGOS	FUNCTIONAL PAPADOPOULOS CHRISTOS	PILATES MAT STOURAITI MARIA	FUNCTIONAL PAPAGEORGIU CHRISTOS	
18:00 18:50	PILATES MAT STOURAITI MARIA	PILATES MAT LAGOUVARDOY LYDIA	TOTAL BODY KEFALAS GIORGOS	PILATES MAT PAPAGEORGIU CHRISTOS	FUNCTIONAL PAPADOPOULOS CHRISTOS
19:00 19:50	BUTT UP KERASIoTIS VAGGELIS	FULL BODY KERASIoTIS VAGGELIS	ZUMBA LYGKOPOULOS APOSTOLIS	INTERVAL KERASIoTIS VAGGELIS	ZUMBA LYGKOPOULOS APOSTOLIS
20:00 20:50	CROSS TRAINING TILIOU ILIANNA	STEP 4 ALL TROMPETAS GIORGOS	TOTAL BODY LYGKOPOULOS APOSTOLIS	TOTAL BODY BENEKIS GIANNIS	CROSS TRAINING LYGKOPOULOS APOSTOLIS
21:00 21:50	CORE TILIOU ILIANNA	TOTAL BODY TROMPETAS GIORGOS		STRETCH AND FLEX BENEKIS GIANNIS	

STUDIO 2

	MONDAY ΔΕΥΤΕΡΑ	TUESDAY ΤΡΙΤΗ	WEDNESDAY ΤΕΤΑΡΤΗ	THURSDAY ΠΕΜΠΤΗ	FRIDAY ΠΑΡΑΣΚΕΥΗ
08:30 09:20	VINYASA YOGA SAKELARIOU NIKI				VINYASA YOGA SOKOU NIKI
09:30 10:20	SPINNING PIPERIS LABROS 			SPINNING ANTONIOU CHRISTOS 	
17:30 18:20					VINYASA YOGA MAGKOS ION
18:00 18:50	SPINNING SAITAKIS ANDREAS 		ASHTANGA YOGA FAMELIS THODORIS		
18:30 19:20					SPINNING SAITAKIS ANDREAS 
19:00 19:50	ASHTANGA YOGA FAMELIS THODORIS	VINYASA YOGA TARIFAS SPYROS		VINYASA YOGA TARIFAS SPYROS	
19:30 20:20			SPINNING NINOS PINDAROS 		
20:00 20:50		SPINNING NINOS PINDAROS 			

X-TRAINING

	MONDAY ΔΕΥΤΕΡΑ	TUESDAY ΤΡΙΤΗ	WEDNESDAY ΤΕΤΑΡΤΗ	THURSDAY ΠΕΜΠΤΗ	FRIDAY ΠΑΡΑΣΚΕΥΗ
08:30 09:30	TRANTAFYLLOY KONSTANTINOS	TRANTAFYLLOY KONSTANTINOS	MYLONAS GIANNIS	TRANTAFYLLOY KONSTANTINOS	MYLONAS GIANNIS
09:30 10:30	TRANTAFYLLOY KONSTANTINOS	TRANTAFYLLOY KONSTANTINOS	MYLONAS GIANNIS	TRANTAFYLLOY KONSTANTINOS	MYLONAS GIANNIS
10:30 11:30	TRANTAFYLLOY KONSTANTINOS	TRANTAFYLLOY KONSTANTINOS	MYLONAS GIANNIS	TRANTAFYLLOY KONSTANTINOS	MYLONAS GIANNIS
18:00 19:00	KATSIMPIRIS KONSTANTINOS	MPOURMPAKIS STEFANOS	KATSIMPIRIS KONSTANTINOS	MPOURMPAKIS STEFANOS	KATSIMPIRIS KONSTANTINOS
19:00 20:00	KATSIMPIRIS KONSTANTINOS	MPOURMPAKIS STEFANOS	KATSIMPIRIS KONSTANTINOS	MPOURMPAKIS STEFANOS	KATSIMPIRIS KONSTANTINOS
20:00 21:00	KATSIMPIRIS KON- STANTINOS	MPOURMPAKIS STEFANOS	KATSIMPIRIS KONSTANTINOS	MPOURMPAKIS STEFANOS	KATSIMPIRIS KONSTANTINOS

PILATES EQUIPMENT

	MONDAY ΔΕΥΤΕΡΑ	TUESDAY ΤΡΙΤΗ	WEDNESDAY ΤΕΤΑΡΤΗ	THURSDAY ΠΕΜΠΤΗ	FRIDAY ΠΑΡΑΣΚΕΥΗ	SATURDAY ΣΑΒΒΑΤΟ
08:00 08:50	PANAGIOTIDIS ORESTIS	LAGOUVARDOU LYDIA	NOUSIA LYDIA	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	
09:00 09:50	PANAGIOTIDIS ORESTIS	LAGOUVARDOU LYDIA	NOUSIA LYDIA	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	
10:00 10:50	PANAGIOTIDIS ORESTIS	LAGOUVARDOU LYDIA	NOUSIA LYDIA	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	BALOGLOU VICTORIA/ KARISTINOS VELISSARIOS
11:00 11:50	PANAGIOTIDIS ORESTIS	LAGOUVARDOU LYDIA	NOUSIA LYDIA	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	BALOGLOU VICTORIA/ KARISTINOS VELISSARIOS
12:00 12:50	PANAGIOTIDIS ORESTIS	LAGOUVARDOU LYDIA	NOUSIA LYDIA	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	BALOGLOU VICTORIA/ KARISTINOS VELISSARIOS
13:00 13:50	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	
14:00 14:50	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	
15:00 15:50	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	
16:00 16:50		PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	LAGOUVARDOU LYDIA		
17:00 17:50	NOUSIA LYDIA	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	LAGOUVARDOU LYDIA	POURIDOU VASO	
18:00 18:50	NOUSIA LYDIA	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	BALOGLOU VICTORIA	BALOGLOU VICTORIA	
19:00 19:50	NOUSIA LYDIA	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	BALOGLOU VICTORIA	BALOGLOU VICTORIA	
20:00 20:50	NOUSIA LYDIA	PANAGIOTIDIS ORESTIS	PANAGIOTIDIS ORESTIS	BALOGLOU VICTORIA	BALOGLOU VICTORIA	
21:00 21:50	NOUSIA LYDIA			BALOGLOU VICTORIA	BALOGLOU VICTORIA	