

ΔΕΥΤΕΡΑ - MONDAY			ΤΡΙΤΗ - TUESDAY			ΤΕΤΑΡΤΗ - WEDNESDAY			ΠΕΜΠΤΗ - THURSDAY			ΠΑΡΑΣΚΕΥΗ - FRIDAY		
STUDIO 1	STUDIO 2	BODY BIKE	STUDIO 1	STUDIO 2	BODY BIKE	STUDIO 1	STUDIO 2	BODY BIKE	STUDIO 1	STUDIO 2	BODY BIKE	STUDIO 1	STUDIO 2	BODY BIKE
	07:30-08:30			07:30-08:30			07:30-08:30			07:30-08:30			07:30-08:30	
	Body Wake Up Christos			Work & Stretch Elmira			Body Wake Up Christos			Work & Stretch Elmira			Body Wake Up Christos	
08:00-09:00			08:00-09:00						08:00-09:00					
ZUMBA Fiona			Shape Lefteris						Shape Lefteris					
	08:30-09:30	08:30-09:15		08:30-09:30	08:30-09:15		08:30-09:30	08:30-09:15		08:30-09:30	08:30-09:15		08:30-09:30	08:30-09:15
	Vinyasa Yoga Maria Gyzi	Kandris		Abs & Legs Vaggelis	Giorgos		Vinyasa Yoga Maria Gyzi	Giannis		Fitness Vaggelis	Giorgos		Vinyasa Yoga Maria Gyzi	Giorgos
09:30-10:30	09:30-10:30	09:30-10:15	09:30-10:30	09:30-10:30		09:30-10:30	09:30-10:30	09:30-10:15	09:30-10:30	09:30-10:30		09:30-10:30	09:30-10:30	09:30-10:15
Muscle up/Fat down Harris Pavlidis	Pilates Maria Pap.	Giannis	Body Pump Harris Kogias	Pilates Maria Pap.		Tabata Fit Vaggelis	Pilates Ioanna	Nikos	Aerotonic Harris Kogias	Pilates Maria Pap.		BOSU Vaggelis	Pilates Ioanna	Minas
10:30-11:30	10:30-11:30		10:30-11:30	10:30-11:30	10:00-10:45	10:30-11:30	10:30-11:30		10:30-11:30	10:30-11:30	10:00-10:45	10:30-11:30	10:30-11:30	
Step Harris Pavlidis	Circuit Christos		Abs & Legs Alexandros	C.Y.B.A. Stefanos	Minas	Circuit Christos	Yoga Kandris		B.O.S.U. Kandris	Ashtanga Yoga Maria Pap.	Minas	Butt & Abs Vaggelis	Hatha Yoga Dimitris	
	11:30-12:00		11:30-12:30	11:30-12:30		11:30-12:30	11:30-12:30			11:30-12:30		11:30-12:30		
	Abs Harris Pavlidis		Aerobic Alexandros	Fitness Stavros		Step Alexandros	Latin Mihalis Stylas			Fitness Stavros		Step Harris Pavlidis		
	12:30-13:30			12:30-14:00			12:30-13:30			12:30-14:00			12:30-13:30	
	Yoga Mihalis			Hatha Yoga Dimitris			Yoga Mihalis			Hatha Yoga Dimitris			Yoga Mihalis	
	14:00-15:00			15:30-16:30			14:00-15:00			15:30-16:30			17:00-18:00	
	C.Y.B.A. Stefanos			Body Tonic Giorgos K			ZUMBA Fiona			Body Tonic Giorgos K			Abs & Legs Giorgos K	
16:30-18:00		15:30-16:15	17:00-18:00	17:00-18:00		16:30-18:00		15:30-16:15	17:00-18:00	17:00-18:00		18:00-19:00	18:00-19:00	18:15-19:00
Military Train Konstantinos		Giannis	Fitness Fay	Pilates Maria Pap.		Military Train Konstantinos		Giannis	Fitness Giorgos K	Pilates Maria Pap.		Latin Mihalis Stylas	Pilates Elisa	Giannis
	17:00-18:00		18:00-19:00	18:00-19:00	18:15-19:00		17:00-18:00		18:00-19:00	18:00-19:00	18:15-19:00	19:00-20:00	19:00-20:00	19:15-20:00
	Pilates Maria Pap.		Body Tonic Konstantinos	Yoga Mihalis	Minas		Pilates Maria Pap.		Body Pump Konstantinos	Yoga Mihalis	Minas	C.Y.B.A. Stefanos	Yoga Mihalis	Nikos
18:00-19:00	18:00-19:00	18:15-19:00	19:00-20:00	19:00-20:00	19:15-20:00	18:00-19:00	18:00-19:00	18:15-19:00	19:00-20:00	19:00-20:00	19:15-20:00	20:00-21:00	20:00-21:00	20:15-21:00
Tabata BOSU Vaggelis	Kids Dance 9-12 Karoly Vamos	Nantia	Step Harris Pavlidis	Tabata Fit Vaggelis	Giannis	BOSU Alexandros	Kids Dance 9-12 Karoly Vamos	Nantia	Tabata BOSU Vaggelis	Parouba Paris	Giannis	Fitness Giorgos K	Aerobic Alexandros	Nikos
19:00-20:00	19:00-20:00	19:15-20:00	20:00-21:00	20:00-21:00	20:15-21:00	19:00-20:00	19:00-20:00	19:15-20:00	20:00-21:00	20:00-21:00	20:15-21:00	21:00-22:00	21:00-22:00	21:15-22:00
Aerotonic Harris Kogias	Yoga Mihalis	Giannis	Body Pump Harris Kogias	Aerobic 4 all Harris Pavlidis	Giannis	Step Alexandros	Body Tonic Harris Kogias	Mihalis	Aerobic Harris Pavlidis	Shape Vaggelis	Giannis	Shape BOSU Lefteris	Dance Mix Karoly Vamos	Nikos
20:00-21:00	20:00-21:00	20:15-21:00	21:00-21:45	21:00-22:00	21:15-22:00	20:00-21:00	20:00-21:00	20:15-21:00	21:00-22:00	21:00-22:00	21:15-22:00			
Fitness Giorgos K	Dance aerobic Alexandros	Giannis	Belly Dance Paris	Dance Mix Karoly Vamos	Minas	Butt & Abs Alexandros	Hatha Yoga Dimitris	Kandris	Vinyasa Yoga Maria Gyzi	Dance Mix Karoly Vamos	Minas			
21:00-22:00	21:00-22:00	21:15-22:00	21:45-22:30			21:00-22:00	21:00-22:00	21:15-22:00						
B.O.S.U. Alexandros	Dance Mix Karoly Vamos	Nantia	Parouba Paris			Aerotonic Lefteris	Dance Mix Karoly Vamos	Nantia						
22:00-22:30														
Abs Vlassis														
22:30-23:00														
Butt of course Vlassis														

ΣΑΒΒΑΤΟ - SATURDAY			ΚΥΡΙΑΚΗ - SUNDAY		
STUDIO 1	STUDIO 2	BODY BIKE	STUDIO 1	STUDIO 2	BODY BIKE
10:00-11:00			11:30-12:30		
Body Tonic Elmira			Body Tonic Elmira		
11:00-12:00	11:00-14:30				
Fitness Alexandros	Kids gym 3-8				
12:00-13:00		12:15-13:00			
Step Alexandros		Nantia			
14:00-15:00					
Latin Mihalis Stylas					
17:00-18:00	18:00-19:30	17:15-18:00			
Parouba Paris	Vinyasa Yoga Maria Gyzi	Minas			

