

ΩΡΕΣ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
09:00 - 10:00	Pilates Equipment	Pilates Equipment	Pilates Equipment	Pilates Equipment	Hatha Yoga	
10:00 - 11:00		Pilates Mat		Pilates Mat		
17:00 - 18:00		Pilates Mat				
18:00 - 19:00	Pilates Equipment	Pilates Equipment	Pilates Equipment	TRX & Functional	Pilates Mat	
19:00 - 20:00	Pilates Equipment	TRX & Functional	Pilates Mat	Vinyasa Yoga	Pilates Equipment	
20:00 - 21:00	Pilates Mat	Vinyasa Yoga	Pilates Equipment	Pilates Equipment	Pilates Equipment	
21:00 - 22:00	Vinyasa Yoga	Aerial Yoga		Pilates Equipment		



# Discover the new You!

Δεινοκράτους 3, Κολωνάκι, Αθήνα

WEB: [www.ananeapilates.gr](http://www.ananeapilates.gr) ΤΗΛ: 210-7211109, E-MAIL: [kolonaki@ananeapilates.gr](mailto:kolonaki@ananeapilates.gr)

**ananea**  
pilates + yoga