

ΩΡΕΣ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
09:00 - 10:00	Pilates Equipment		Aerial Yoga		Pilates Mat	
09:30 - 10:30		Pilates Equipment		Pilates Equipment		
10:00 - 11:00	Pilates Equipment		Pilates Equipment		TRX & Functional	
10:30 - 11:30		Pilates Equipment		Pilates Equipment		
11:00 - 12:00	Pilates Mat		Pilates Equipment		Pilates Equipment	Aerial Yoga
12:00 - 13:00						Pilates Equipment
18:00 - 19:00	Aerial Yoga	Intro to Pilates Equipment	Pilates Equipment	Pilates Mat	Intro to Pilates Equipment	
19:00 - 20:00	Pilates Equipment	Pilates Equipment	Pilates Equipment	Pilates Equipment	Pilates Equipment	
20:00 - 21:00	Pilates Equipment	Cardio Pilates Fusion	Pilates Equipment	Pilates Equipment	Pilates Mat	
21:00 - 22:00	Pilates Equipment	Vinyasa Yoga	Aerial Yoga	TRX & Functional	Vinyasa Yoga	

Find a way, not an excuse

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pilates + yoga