

ΩΡΕΣ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
09:00 - 10:00	Cardio Pilates Fusion		Pilates Mat			
10:00 - 11:00			Hatha Yoga		Pilates Mat	
10:30 - 11:30		Pilates Mat		Pilates Mat		
11:00 - 12:00	Hatha Yoga		Pilates Mat			Pilates Mat
12:00-13:00						TRX Pilates
18:00 - 19:00	Pilates Mat		Cardio Pilates Fusion		Cardio Pilates Fusion	
19:00 - 20:00	Abs & Hips	Pilates Mat		Pilates Mat		
20:00 - 21:00	Vinyasa Yoga	TRX Pilates	Vinyasa Yoga	TRX & Functional	Pilates Mat	

STUDIO 1

Κερασούντος 24, Χαϊδάρη, Αθήνα

WEB: www.ananeapilates.gr, ΤΗΛ: 211-4012372, E-MAIL: haidari@ananeapilates.gr

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pilates + yoga

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09:00 - 10:00					Pilates Equipment	
09:30 - 10:30		Pilates Equipment		Pilates Equipment		
10:00 - 11:00	Pilates Equipment		Intro to Pilates Equipment			Pilates Equipment
18:00 - 19:00		Pilates Equipment		Pilates Equipment		
19:00 - 20:00	Pilates Equipment		Intro to Pilates Equipment		Pilates Equipment	
20:00 - 21:00	Pilates Equipment		Pilates Equipment	Pilates Equipment		
21:00 - 22:00		Pilates Equipment	Aerial Yoga			



STUDIO 2

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