

ΩΡΕΣ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
08:00-09:00					Hatha Yoga	
09:00 - 10:00	Pilates Equipment	Pilates Equipment	Pilates Equipment	Pilates Equipment		
10:00 - 11:00		Pilates Mat	Intro to Pilates Equipment	Pilates Mat		
17:00 - 18:00		Intro to Pilates Equipment				
18:00 - 19:00	Pilates Equipment	Pilates Equipment	Pilates Equipment	TRX & Functional	Pilates Mat	
19:00 - 20:00	Pilates Equipment	TRX & Functional	Pilates Mat	Yin Yoga	Pilates Equipment	
20:00 - 21:00	Cardio Pilates Fusion	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

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pilates + yoga