

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
12:00-13:00						TRX Pilates
18:00 - 19:00	Pilates Mat	Prenatal Pilates	Cardio Pilates Fusion	Prenatal Pilates	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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09:00 - 10:00						
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		
21:00 - 22:00		Pilates Equipment	Aerial Yoga			



STUDIO 2

Κερασούντος 24, Χαϊδάρι, Αθήνα

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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	Kids Aerial Yoga
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
13:00-14:00						Prenatal Pilates
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	Prenatal Pilates	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

Γούναρη 80, Γλυφάδα, Αθήνα

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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 Equipment	Intro to Pilates Equipment	Pilates Mat		
17:00 - 18:00						
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	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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