

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00 - 10:00	Pilates Equipment				Pilates Mat	
09:30 - 10:30		Pilates Equipment		Pilates Equipment		
10:00 - 11:00	Pilates Equipment		Pilates Equipment		Pilates Equipment	Pilates Equipment
10:30 - 11:30		Pilates Equipment		Pilates Equipment		
11:00 - 12:00	Pilates Mat		Pilates Equipment		Pilates Equipment	Kids Aerial Yoga* (9-12)
12:00 - 13:00						Kids Aerial Yoga* (5,5-8)
13:00 - 14:00						Aerial Yoga*
18:00 - 19:00	Prenatal Pilates*	Intro to Pilates Equipment	Pilates Equipment	Pilates Equipment	Prenatal Pilates*	
19:00 - 20:00	Pilates Equipment*	Pilates Equipment	Pilates Equipment	Pilates Equipment	Intro to Pilates Equipment*	
20:00 - 21:00	Pilates Equipment*	Pilates Equipment	Pilates Equipment	Intro to Pilates Equipment*	Pilates Equipment*	
21:00 - 22:00	Pilates Equipment*		Vinyasa Flow Yoga*	Pilates Equipment	Vinyasa Flow Yoga*	

\*English speaking

Τα ατομικά μαθήματα και οι συνεδρίες EMS πραγματοποιούνται καθημερινά κατόπιν συνεννόησης με τη γραμματεία

# Discover the new You!

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pilates + yoga