

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00 - 10:00						
09:15 - 10:05		Pilates Equipment	Pilates Equipment			
09:30 - 10:20				Pilates Equipment	Pilates Equipment	
10:15 - 11:05		Pilates Equipment				
10:45 - 11:35					Pilates Equipment	
12:00 - 13:00						
18:00 - 18:50	Pilates Equipment	Pilates Equipment		Pilates Equipment		
18:30 - 19:20			Pilates Equipment			
19:00 - 19:50						
19:30 - 20:20	Pilates Equipment	Pilates Equipment		Pilates Equipment		
20:00 - 20:50			Pilates Equipment			

Personal and EMS sessions can be arranged daily upon request on the front desk

Discover the new You!

40, Anemonon street, Alimos, Athens

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