ΕΒΔΟΜΑΔΙΑΙΟ ΠΡΟΓΡΑΜΜΑ / WEEKLY PROGRAMME 2026-2027

ΑΠΑΡΑΙΤΗΤΗ Η ΚΡΑΤΗΣΗ ΘΕΣΗΣ / Reservation is required: 2102797081, 6972884415

ΔΕΥΤΕΡΑ / Monday	ΤΡΙΤΗ/ Tuesday	ΤΕΤΑΡΤΗ / Wednesday	ΠΕΜΠΤΗ / Thursday	ΠΑΡΑΣΚΕΥΗ / Friday	ΣΑΒΒΑΤΟ / Saturday
Empowerment 8.30-9.30 **Transformative yoga** 9.30-10.45 **Pilates** 11.00-12.00	**Pilates** 8.30-9.30 **Pilates** 9.30-10.30 **Pilates** 10.30-11.30	**Empowerment** 8.30-9.30 **Transformative yoga** 9.30-10.45 **Pilates** 11.00-12.00	**Pilates** 8.30-9.30 **Pilates** 9.30-10.30 **Pilates** 10.30-11.30	**Empowerment** 8.30-9.30 **Pilates** 9.30-10.30 **Pilates** 10.30-11.30	**Pilates** 9.30-10.30 **Pilates** 10:30-11:30 **Yin Yoga** 11.30-12.30 **Aerial Yoga** 12.30-13.30
Aerial Dance kids 17.00-18.00	**Pilates** 17.00-18.00	**Aerial Dance kids** 17.00-18.00	**Pilates** 17.00-18.00	**Aerial Dance kids** 17.00-18.00	
Aerial Yoga 18.00-19.00	**Pilates** 18.00-19.00	**Aerial Yoga** 18.00-19.00	**Pilates** 18.00-19.00	**Aerial Yoga** 18.00-19.00	
Pilates 19.00-20.00	**Transformative yoga** 19.00-20.15	**Pilates** 19.00-20.00	**Transformative yoga** 19.00-20.15	**Pilates** 19.00-20.00	
Pilates 20.00-21.00	**Pilates** 20.30-21.30	**Pilates** 20.00-21.00	**Pilates** 20.30-21.30	**Pilates** 20.00-21.00	
Pilates 21.00-22.00	**Empowerment** 21.30-22.30	**Pilates** 21.00-22.00	**Empowerment** 21.30-22.30		