

IOYNIOS 2018

NewU Pilates

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
9.00-10.00	ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 MAT WORK	ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 MAT WORK	ΑΙΘ.2 EQUIPMENT	ΑΙΘ.2 EQUIPMENT
10.00-11.00	ΑΙΘ.1 MAT WORK	ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 MAT WORK	ΑΙΘ.1 MAT WORK	ΑΙΘ.2 EQUIPMENT	ΑΙΘ.2 EQUIPMENT
11.00-12.00	ΑΙΘ.1 MAT WORK	TRX	ΑΙΘ.1 MAT WORK	ΑΙΘ.1 MAT WORK	ΑΙΘ.2 EQUIPMENT	ΑΙΘ.2 EQUIPMENT
12.00-1.00				TRX		
5.00-6.00						
6.00-7.00	ΑΙΘ.1 MAT WORK ΑΙΘ.2 EQUIPMENT	Pilates through TRX		ΑΙΘ.1 MAT WORK		
7.00-8.00	ΑΙΘ.1 MAT WORK ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 MAT WORK	ΑΙΘ.1 MAT WORK ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 MAT WORK	ΑΙΘ.2 EQUIPMENT	
8.00-9.00	ΑΙΘ.1 MAT WORK ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 MAT WORK	ΑΙΘ.1 MAT WORK ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 MAT WORK ΑΙΘ.2 EQUIPMENT		
9.00-10.00	Pilates through TRX ΑΙΘ.2 EQUIPMENT	ΑΙΘ.2 EQUIPMENT	Pilates through TRX ΑΙΘ.2 EQUIPMENT			

❖ ΤΟ ΠΡΟΓΡΑΜΜΑ ΑΦΟΡΑ ΤΑ GROUP

Wellness through Movement