

## Pilates Mat

|       | ΔΕΥΤΕΡΑ | ΤΡΙΤΗ                       | ΤΕΤΑΡΤΗ                     | ΠΕΜΠΤΗ                      | ΠΑΡΑΣΚΕΥΗ                   | ΣΑΒΒΑΤΟ |
|-------|---------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|---------|
| 9:00  |         | Pilates Mat<br>(All Levels) |                             | Pilates Mat<br>(All Levels) |                             |         |
| 10:00 |         |                             |                             |                             |                             |         |
| 11:00 |         |                             |                             |                             |                             |         |
| 17:00 |         |                             |                             |                             |                             |         |
| 18:00 |         | Pilates Kids                | Pilates Mat<br>(All Levels) | Pilates Kids                | Pilates Mat<br>(All Levels) |         |
| 19:00 |         | Pilates Mat<br>(All Levels) |                             | Pilates Mat<br>(All Levels) |                             |         |
| 20:00 |         | Pilates Mat<br>(All Levels) |                             | Pilates Mat<br>(All Levels) |                             |         |
| 21:00 |         |                             |                             |                             |                             |         |

## Pilates Equipment

|       | ΔΕΥΤΕΡΑ                           | ΤΡΙΤΗ                             | ΤΕΤΑΡΤΗ                           | ΠΕΜΠΤΗ                            | ΠΑΡΑΣΚΕΥΗ | ΣΑΒΒΑΤΟ |
|-------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------|---------|
| 9:00  |                                   |                                   |                                   |                                   |           |         |
| 10:00 | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) |           |         |
| 11:00 |                                   |                                   |                                   |                                   |           |         |
| 17:00 |                                   | Pilates Equipment<br>(All Levels) |                                   | Pilates Equipment<br>(All Levels) |           |         |
| 18:00 | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) |           |         |
| 19:00 | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) |           |         |
| 20:00 | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) | Pilates Equipment<br>(All Levels) |           |         |
| 21:00 |                                   |                                   |                                   |                                   |           |         |