

ΠΡΟΓΡΑΜΜΑ PILATES REFORMER (ανοιχτά τμήματα)

ΔΗΜΟΤΙΚΟ ΓΥΜΝΑΣΤΗΡΙΟ ΚΟΡΔΕΛΙΟΥ ΕΥΟΣΜΟΥ (Κολοκοτρώνη 43 &amp; Τσαλή, Εύοσμος)

ΑΙΘΟΥΣΑ ΓΥΜΝΑΣΤΙΚΗΣ (2<sup>ος</sup> όροφος)

| ΩΡΕΣ          | ΔΕΥΤΕΡΑ       | ΤΡΙΤΗ         | ΤΕΤΑΡΤΗ       | ΠΕΜΠΤΗ        | ΠΑΡΑΣΚΕΥΗ     |
|---------------|---------------|---------------|---------------|---------------|---------------|
| 08:30'-09:20' | REFORMER OPEN |               | REFORMER OPEN |               |               |
| 10:00'-10:50' | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN |
| 11:00'-11:50' | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN |
| 12:00'-12:50' | REFORMER OPEN |               | REFORMER OPEN |               | REFORMER OPEN |
|               |               |               |               |               |               |
| 16:00'-16:50' |               | REFORMER OPEN |               |               | REFORMER OPEN |
| 17:00'-17:50' |               | REFORMER OPEN |               | REFORMER OPEN | REFORMER OPEN |
| 18:00'-18:50' | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN |
| 19:00'-19:50' | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN | REFORMER OPEN |

ΠΡΟΓΡΑΜΜΑ PILATES REFORMER (ανοιχτά τμήματα)

ΔΑΚ ΕΥΟΣΜΟΥ (Γοργοποτάμου 3 &amp; Εθνικής Αντίστασης, Εύοσμος)

ΑΙΘΟΥΣΑ REFORMER (1<sup>ος</sup> όροφος)

| ΩΡΕΣ          | ΔΕΥΤΕΡΑ | ΤΡΙΤΗ         | ΤΕΤΑΡΤΗ       | ΠΕΜΠΤΗ        | ΠΑΡΑΣΚΕΥΗ     |
|---------------|---------|---------------|---------------|---------------|---------------|
| 08:00'-08:50' |         | REFORMER OPEN |               | REFORMER OPEN |               |
| 10:30'-11:20' |         | REFORMER OPEN |               |               |               |
|               |         |               |               |               |               |
| 15:30'-16:20' |         | REFORMER OPEN |               |               | REFORMER OPEN |
| 16:30'-17:20' |         | REFORMER OPEN |               |               |               |
| 18:30'-19:20' |         |               | REFORMER OPEN |               |               |
| 20:30'-21:20' |         |               |               |               | REFORMER OPEN |