

ΠΡΟΓΡΑΜΜΑ PILATES REFORMER (κλειστά τμήματα)

ΔΑΚ ΕΥΟΣΜΟΥ (Γοργοποτάμου 3 & Εθν. Αντίστασης, Εύοσμος)

ΑΙΘΟΥΣΑ REFORMER (1^{ος} όροφος)

ΩΡΕΣ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ
08:00'-08:50'	1° REFORMER		1° REFORMER		1° REFORMER
09:00'-09:50'	2° REFORMER	3° REFORMER	2° REFORMER	3° REFORMER	2° REFORMER
10:30'-11:20'	4° REFORMER		4° REFORMER	4° REFORMER	3° REFORMER
15:30'-16:20'	5° REFORMER		5° REFORMER	5° REFORMER	
16:30-17:20	6° REFORMER		6° REFORMER	6° REFORMER	8° REFORMER
17:30-18:20	7° REFORMER	8° REFORMER	7° REFORMER	8° REFORMER	7° REFORMER
18:30-19:20	9° REFORMER	9° REFORMER		9° REFORMER	10° REFORMER
19:30-20:20	10° REFORMER	11° REFORMER	10° REFORMER	11° REFORMER	11° REFORMER
20:30-21:20	12° REFORMER		12° REFORMER	12° REFORMER	